

Reframing Goals to Actions

We're conditioned to focus on outcomes – like grades, salaries, degrees, and trophies. However, this outcome orientation can actually destroy our motivation – study and get a B, and you won't feel like studying again. In this video, I explain how to start the process of reframing from goals to actions. I'll explain the psychology and neuroscience of how to increase your motivation by reframing towards actions.

Glossary

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