

## Facts and Myths about Motivation

Fill in the gaps with the words from the box:

pervasive    shame into    momentum    seal their fate    underpinned

### 1. Comparison to high achievers motivates people to perform better. (MYTH)

"When parents compare their children to their more successful peers, they may 1)\_\_\_\_\_ as underachievers," says Penelope Lockwood, Ph.D., an assistant professor of psychology at the university of Lethbridge in Alberta, Canada. This conclusion is 2)\_\_\_\_\_ by the following experiment: college students were asked to think about their accomplishments. Next, half of the subjects read an article about a superstar student who now had a booming career. The others read about a zoo. Subjects who'd read about the student and were "primed" with their former success rated themselves less positively and reported being less motivated than those who'd read about the zoo. While it's easy to imagine yourself as the next Michael Jordan or Madonna, Lockwood found, when we set their victories next to our own limited resumes, we may realize that we can't reach their heights of success, leaving us feeling inferior. So, comparing ourselves or our loved ones to high achievers won't 3)\_\_\_\_\_ performing better – it will likely leave us feeling worse.

### 2. We shouldn't wait for motivation to strike. Action comes first. (FACT)

One of the most 5)\_\_\_\_\_ motivation myths is the belief that we must wait for the right mood or inspiration to strike before tackling important tasks. This misconception can be particularly detrimental in a professional setting, where deadlines and responsibilities don't always align with our emotional state. Waiting for motivation to strike before acting can lead to stagnation and missed opportunities. In reality, action often precedes motivation. Taking the first step can generate 6)\_\_\_\_\_ and create a positive feedback loop even when you're not feeling particularly inspired. Motivation often follows as you see progress from your actions, fuelling further action.