



MOTIVATION
Rev. Date: 14 Nov 2019

RELENTLESS MINDSET

Motivation is defined as a need that requires satisfaction.

Objective: While participating in a guided discussion, each airman will discuss the importance of intrinsic motivation and understanding their “Why.”

Facilitator Aides

Lesson Outline
Ideal Lesson Time: 60 min.

Introduction
MP 1. Motivation – Guided Discussion
MP 2. Sentinel – Facilitated Discussion
Conclusion

[No Excuses Video](#)
[Tomb of Unknown Soldier Sentinel](#)



Motivation is not universal. What motivates you, may not be a motivator to others around you. This difference doesn't necessarily make you/them more “right” in the cause. Consider what made you join the Air Force. Was it the same motivator for everyone else? Was your motivation more “just”?

Introduction

Overview: Today we are going to talk about motivation and how important it is to being an Airman.

LOQ: Why are you an Airman? What is your “Why,” purpose, or reason for serving?

Show “No Excuses” video.

MP 1. Motivation – Guided Discussion

Difference between Intrinsic & Extrinsic Motivation
Personal Experiences around being Motivated

LOQ: What stands out to you in the video regarding motivation?

What do you recall from BMT on the differences between intrinsic and extrinsic motivation?

Facilitator Note: Intrinsic motivation is something that comes from within, while extrinsic motivation comes from the outside. Intrinsically motivated individuals tend to engage in activities because of their enjoyment and personal satisfaction. On the other hand, when extrinsically motivated, an individual is only participating in an activity to gain some kind of external reward or avoid a punishment for their participation. Extrinsic = Carrot or Stick.

LOQ: What are you internally motivated to do?

LOQ: What drives this motivation?

LOQ: Are there any areas in your life where you struggle to find motivation?

LOQ: Are there any areas where you are only motivated by external reward or avoiding punishment?

LOQ: Does your attitude effect your motivation or does your motivation have an effect on your attitude?

LOQ: Why is it important to have a positive attitude?

MP 2. Sentinel – Facilitated Discussion

Tomb of Unknown Soldier Sentinel Facts
Sentinel & Airman Creed Comparison

Facilitator Action: Show image of Tomb of Unknown Solider Sentinel

LOQ: Is anyone familiar with this image? What is this an image of? Where is this? Anyone seen the changing of the guard in-person? Can you tell us a little about your experience and/or knowledge about it?

Anticipated Replies and Side Notes

Facilitator Note:
Share your personal experiences of struggle with motivation, i.e., getting up early to get a workout in. Be prepared to tie this to extrinsic & intrinsic motivation.

Facilitator Action: State facts about the Tomb of the Unknown Soldier Guards

The Tomb of the Unknown Soldier Guards in Arlington National Cemetery are members of the 3rd United States Infantry Regiment, nicknamed "The Old Guard". The sentinels are assigned to guard the monument to ensure the respect and security of one of America's most sacred symbols. The guards adhere to a solemn and precise ritual called the changing of the guard ceremony. The guards perform their duties 24 hours a day, 365 days a year. The guard takes 21 steps and then pauses for 21 seconds after his about face to begin his return walk. The significance of '21' reflects the twenty-one gun salute, the highest honor given any military or foreign dignitary. To these special guards, the continuity of this post is the key to the honor and respect shown to the honored dead and their duties remain uninterrupted during all weathers. During heat waves, blizzards, hurricanes, rain, sleet, snow and hail they continue their guard. Hurricane Isabel was the deadliest, costliest, and strongest hurricane in the 2003 Atlantic hurricane season, but the sentinels continued with their sentry duties during that difficult night. Their dedication to their sacred duty and their eternal vigilance is reflected in the 'Sentinel's Creed'.

Facilitator Action: Ask an Airman to read The Sentinel's Creed out loud for the group

The Sentinel's Creed

My dedication to this sacred duty is total and whole-hearted.

In the responsibility bestowed on me never will I falter.

And with dignity and perseverance my standard will remain perfection.

Through the years of diligence and praise and the discomfort of the elements, I will walk my tour in humble reverence to the best of my ability.

It is he who commands the respect I protect, his bravery that made us so proud.

Surrounded by well-meaning crowds by day, alone in the thoughtful peace of night, this soldier will in honored glory rest under my eternal vigilance.

– Simon 1971

LOQ: How does the Sentinel's Creed compare to the Airman's Creed?

LOQ: Do you think there will be days in the future where you will struggle to recall your "Why" and stay motivated as an Airman?

LOQ: Do you still feel the same motivation you did when you received your Airman's Coin?

Conclusion

Today we discussed our "Why," compared the Sentinel's Creed with the Airman's Creed, and the importance of being motivated.

Anticipated Replies and Side Notes

ASSESSMENT QUESTIONS: Do you feel that identifying your "Why" helped increase your motivation to be an Airman? Why are you motivated to wear the uniform right now?