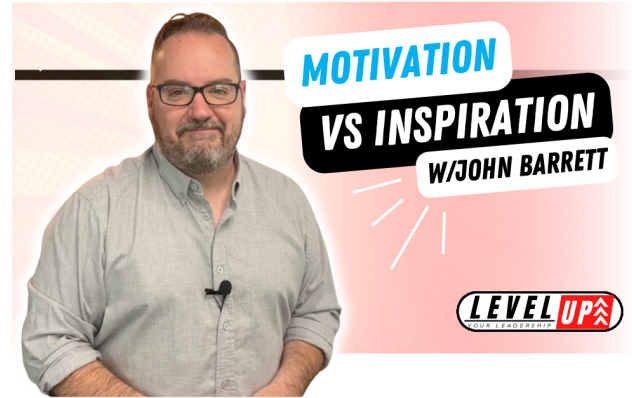


Level Up

GUIDE



SESSION SUMMARY:

In leadership, distinguishing between motivation and inspiration is crucial for guiding teams effectively. Motivation, driven by external factors like rewards or consequences, can push individuals to achieve goals but often lacks sustainability. It is inconsistent and may require constant reinforcement. In contrast, inspiration is an internal drive fueled by personal desires and aspirations, offering a more powerful and enduring source of motivation. Leaders can inspire their teams by understanding what truly drives each individual and helping them see how their personal goals align with the team's objectives. This involves meaningful conversations, providing resources for self-reflection, and fostering a supportive environment. By doing so, leaders can create a more engaged and committed team, leading to long-term success.

GROUP QUESTIONS:

1. What is the main difference between motivation and inspiration, according to the video?
2. Can you share a personal experience where you felt motivated but not inspired? What was the outcome?
3. How can leaders help their team members find their 'why'?
4. Why is external motivation often not enough to bring about lasting change?
5. What are some practical ways to inspire others from within?
6. How does understanding someone's personal goals and dreams help in inspiring them?
7. What role do leaders play in helping others find and sustain inspiration?
8. How can we apply the principles of inspiration in our daily interactions with others?

APPLICATION:

This week, take some time to reflect on your own 'why'—the deeper reason behind what you do. Write it down and share it with someone you trust. Additionally, try to have a meaningful conversation with a colleague or friend to help them discover their own 'why'.