

EQ skill: Motivation. Motivation is Individualized. (November 20, 2025)

As we turn our attention to the EQ skill of motivation, let us start with one of the most motivational verses of the Bible. Hebrews 12:1 says, “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”

Motivation is highly individualized to us and to the race we are running. What motivates one person rarely motivates all people. And what motivates us in one season of life may not motivate us the same way in another season.

The key to motivation is finding the sweet spot that allows us to run the marathon of life without going to extremes (trying too much or doing too little). Many people sprint too hard and then hit the wall and stop (i.e. New Years resolutions). The sprint/stop rhythm rarely has any long-term benefits, and it could possibly harm us by convincing us that the right answer doesn't work (like stopping an antibiotic too soon).

One way I have heard this discussed is that we want to avoid the extremes of god or victim.

We are not gods. We cannot create our own realities.

We are also not victims where life is merely happening to us.

We are humans responsible for being active participants in the future that is coming to be.

Now it's our turn to run the race.

So run your race...and run to win.