Twitter Thread by Philosophy



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Why Motivational Videos Are Destroying You and Why You're Drawn To Them

“Motivation alone is not enough. If you have an idiot and you motivate him, now you have a motivated idiot.”
Jim Rohn

First, Let us define what motivation is

Motivation is an emotion that you feel as a drive to fulfil a desire and the intensity of the motivation varies in direct proportion to the importance of that desire to you.

Now let's examine your habit of watching motivational videos

1. You binge watch videos

It’s fun to watch motivational videos. The problem is that this become like Netflix. You consume without ever doing anything.

The problem is that you actually feel like you’re accomplishing something, but then you go back to regular routine

2. When you're feeling uninspired, uninterested, lethargic, you immediately switch to watching motivational videos

Observe that in these moments, you decide to get motivated by an external stimulus

External stimuli won't last long until you have an inner flame to achieve

3. Real results are obtained through Boring work

This is what everyone hates to hear. You hear about the guy who watched some video and changed his course of life

Do you think that they were telling the whole world how motivated they were when they were going through hell?

4. Whenever you are not working, and feeling demotivated, you feel guilty and you know it might transform into worry

So to subdue that guilt, to prevent it from becoming a major worry, you found out an easy solution, motivational videos.

Therefore, I suggest to confront root

5. Clicks

If you've watched many motivational videos, you'll hear many of the same things over and over again.

You might repeat them a few times but if it doesn't result in any action, it's literally just an empty chant.

6. Since the improvement in mood is temporary, we always need to be motivated to even consider working. That in itself is unsustainable. After a while, they lose their desired effectiveness and become boring like any other entertainment.

It leads to only doing work when we feel like it and waiting for magical inspiration to strike us on the head.

Such things don't happen. To work consistently towards something, you'll have to do it when you don't feel like it.

You have to train your mind to embrace pain

Thank You For reading.