

Stress That Motivates, Revised Edition

Course Number: AX084-102

Days: Self-study

Description: Stress is an inevitable part of life. There are many books out there that seek to eliminate stress, but what about putting stress to work instead? Stress That Motivates introduces readers to this revolutionary way of thinking through "self-talk secrets" and insights that will not only help them recognize their stress triggers but will motivate them to consciously change the way they think and react to stress. The revised edition of this bestselling book provides added guidance for practicing the Stress That Motivates system through revised case studies and Dru Scott's Quick-Start Set of Reinforcements. The expanded first half also includes a new toolkit for self-motivation in stressful situations.

Topic-Level Outline

 CRISP series

Part 1: The Big Connection Between Stress, Motivation, and Self-Talk

Putting the Big Connection to Work for You

Book Overview

The Strategy—Mental Background Music

The Major Cause of Stress

The Impact of Belief System on Stress

Tool 1: A Checklist for Your Priorities

Tool 2: A Diagram to Speed the Improvements You Want

Tool 3: A Quote List that Sounds the Stress—Warning Buzzer

Tool 4: A Story to Stimulate Your Success

Part 2: What They Didn't Tell You About Stress and Motivation

The Accumulation of Stress

Stress Factors

Motivation—A Strong Sense of Directions Cuts Stress

Part 3: Purposeful Self-Talk: A Great Place to Start

The Power of Purposeful Self-Talk

Stress from Downers and Drainers

Adding Motivation with Lifters and Leaders

Three Important Questions About Self-Talk

Part 4: Stress Reduction: The Self-Coaching Process

What If Others Are Causing Your Stress?

Coach Talk

Course Outline

Part 5: Procrastination and Motivation: Four Great Techniques

Talking Yourself Out of Procrastination

Technique 1: Grab 15

Technique 2: Do the Toughest Top Priority First

Technique 3: Keep Your Stimulation and Excitement Quota Full

Technique 4: Face Up to the Feeling

Part 6: Mega Motivation with Pictures of Excellence

We Are Motivated by What We Are Missing

Motivational Power with Pictures

Three Success Secrets

Part 7: Reinforcements that Work

The Right Reinforcement for You

Self-Talk Traps and Safeguards

Fine-Tuning Your Mental Background Music

As Destructive as Sticks and Stones

Reinforcements that Encourage

Part 8: Persistence, Pictures, and a Happy Ending

Barbara's Success Story

Part 9: The Seven-Day Quick Start

Seven-Day Quick Start—Shortcut to Success

Success Tips

Dru Scott Quick-Start Set of Reinforcements

Additional Reading
