Stress That Motivates,
Revised Edition

Course Number: AXO84–102
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

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

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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