

3C Motivation

Connection (who it's for / who it's with):

- A. Who will benefit?

- B. Who could you be "with" - even by skype or phone?

Choice (what, when, where, how):

- A. What: kind, way, flavor, order, tools, techniques, materials, music, etc?

- B. When: to start; to end; to schedule; to change; etc?

- C. Where: to start; to go; to finish; to take a break, etc?

- D. How: style, color, mood, technique, etc?

Challenge (Complexity, Speed, Risk):

- A. Complexity: add something (two at once); take something away (stand on one foot)?

- B. Speed: How much can you do in a short time?

- C. Risk: Make a bet with yourself or someone else. Tell some friends and be accountable.
