

From Moment of Upper Motivation to Inward-Outward Motivation Flow

In ancient Japan, the legendary samurai Miyamoto Musashi discovered that mastery of the sword did not lie in brute strength, but in the precise channeling of energy ([more in appendix](#)).



Technical Construction of a Framework

Problem: Overstimulation and Decision-Making Complexity to establish, goal, routines, tasks, decision make and self evaluation.

1. [Fermi Estimation Applied to Mental Complexity](#)
 - **Objective:** Establish upper and lower bounds to estimate motivational states.
 - **Lower bound:** Absence of action (e.g., a state of lethargy or extreme demotivation, death).

- **Upper bound:** A recollection of a "Moment of Upper Motivation" (a peak state of motivation).

2. **Moment of Upper Motivation to Inward-Outward Motivation Flow**

- **Goal:** To this Moment of Upper motivation, estimate the proportion of effort required for internal changes (personal growth) versus external changes (impact on others)."

Discussion

In our modern world, flooded with information, cognitive biases, and constant comparisons, we face a similar challenge. How can we effectively channel our energy and motivation amidst this torrent of stimuli?

The answer In our initial exploration of the ESTIMAT system ([here](#)), we laid the groundwork for understanding how Moment of Upper Motivation function as natural reference points in our personal development. This previous text introduced the concept of motivational gradients and established the foundations for the mapping system we are now developing.

The ESTIMAT system demonstrated how motivation can be quantified and optimized using principles similar to Fermi estimation, providing a systematic framework to understand our optimal cognitive states. Building on this foundation, Inward-Outward Motivation Flow emerges as a practical tool for applying these concepts in daily life.

The Moment of Upper Motivation —those rare instances when we feel fully aligned, energized, and purposeful. These moments serve as a natural calibration system, revealing our optimal state of

performance. We define and practice this moment in the previous text.

Inward-Outward Motivation Flow builds on this foundation, much like ancient irrigation systems. It transforms the insights from our Moment of Upper Motivation into a practical framework, enabling us to recreate and sustain these peak states. By mapping the channels—our efforts, energy, and motivations—that lead to our Moment of Upper Motivation, Inward-Outward Motivation Flow provides concrete tools to guide our decisions and align our actions with our highest potential.

Designing Channels for Your Life's Flow

Imagine your life as a flowing river. At times, it overflows, creating chaos; at others, it stagnates. What if you could design channels to direct this flow, ensuring it works for you instead of against you?

Inward-Outward Motivation Flow (Inward-Outward Motivation Flow) acts as this guiding tool. If your Moments of Upper Motivation highlight the destination—those ideal moments you want to replicate—Inward-Outward Motivation Flow is both the map and the engineering that helps you create pathways to get there.

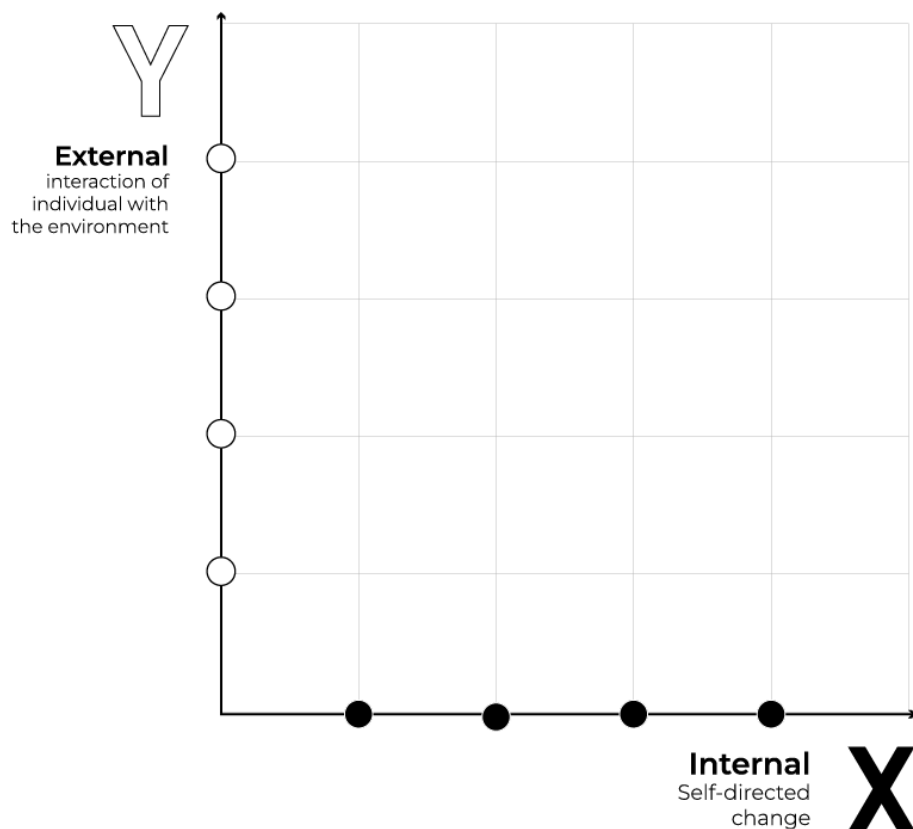
Moment of Upper Motivation identifies your optimal state: when you're energized, focused, and effective.

Inward-Outward Motivation Flow creates the structure to sustain that state: turning rare peak moments into a reproducible and adaptable system.

Think of it as a personalized irrigation system:

- Moment of Upper Motivation shows you what optimal "flow" feels like.
- Inward-Outward Motivation Flow provides the channels to direct and maintain that flow.
- Regular recalibration ensures the system continues working efficiently.

Like a coordinate system, Inward-Outward Motivation Flow operates on two primary axes:



Core Mechanics: The Dual Channel System

X-Axis (Internal Channels):

- Focuses on self-development and growth

Y-Axis (External Channels):

- Manages interactions with your environment

Why Does Inward-Outward Motivation Flow (Inward-Outward Motivation Flow) Work?

The Inward-Outward Motivation Flow (Inward-Outward Motivation Flow) framework draws on foundational concepts from neuroscience, psychology, and decision-making theory to create a powerful tool for understanding and optimizing motivation. It suggests that motivation, like a dynamic system of channels, fluctuates and flows, influenced by various cognitive and emotional states. By mapping these channels, we can identify specific points where interventions are most effective, enabling more efficient management of motivation.

Here's why Inward-Outward Motivation Flow works, supported by key theories:

1. Cognitive Load Theory and Efficiency

Inward-Outward Motivation Flow is based on the idea that cognitive resources are finite, and effective management of these resources can optimize mental performance and

emotional stability. Daniel Kahneman's work on cognitive biases and decision-making ("Thinking, Fast and Slow") emphasizes how our minds rely on two systems: System 1 (fast, automatic, intuitive) and System 2 (slow, deliberate, analytical). Inward-Outward Motivation Flow builds on this by providing a framework for balancing and allocating cognitive resources between these systems. In the context of motivation, Inward-Outward Motivation Flow allows for the identification of "fast channels" (System 1) and "slow channels" (System 2) and determines how each channel can be optimized for peak performance.

2. Flow Theory and Moment of Upper Motivation

Another cornerstone of Inward-Outward Motivation Flow is Mihaly Csikszentmihalyi's flow theory, which posits that individuals experience optimal performance and satisfaction when their skill level and the challenge at hand are in perfect alignment. Inward-Outward Motivation Flow takes this concept further by mapping motivation as dynamic channels that can be fine-tuned depending on the task at hand. These channels create a continuous flow of motivation that can be adjusted for optimal engagement, creativity, and performance. The better we understand how these channels interact, the more efficiently we can maintain and direct motivation toward our goals.

3. Self-Determination Theory and Autonomy

Edward Deci and Richard Ryan's Self-Determination Theory suggests that intrinsic motivation thrives when three psychological needs are met: autonomy, competence, and relatedness. Inward-Outward Motivation Flow aligns with this by offering a system that highlights the channels that most

effectively tap into these needs. By identifying the channels that correspond to these intrinsic drivers, Inward-Outward Motivation Flow helps individuals target specific motivational areas to increase self-determination and performance, ensuring that their motivation is sustained and aligned with their values.

4. Dual-Process Theory and Mental Flexibility

Inward-Outward Motivation Flow also incorporates principles of dual-process theory, which suggests that we have two systems of thinking: an automatic, fast system (System 1) and a controlled, slower system (System 2). This theory, heavily influenced by Kahneman's work, suggests that for optimal motivation, we need to effectively balance both systems. By mapping motivation channels, Inward-Outward Motivation Flow helps individuals navigate between these systems, ensuring that their actions are neither purely impulsive nor excessively deliberative. The ability to shift between different channels of motivation is crucial for mental flexibility, helping individuals stay engaged and productive across different tasks and situations.

5. Neuroscience of Motivation and Brain Regions

The neuroscience of motivation reveals that different brain regions are activated depending on the level and type of motivation involved. The prefrontal cortex, which is involved in goal setting and self-regulation, plays a key role in deliberate motivation, while the limbic system, responsible for emotions, can activate more instinctual or reactive motivations. Inward-Outward Motivation Flow leverages this by mapping how these distinct systems (or channels) work in tandem. By identifying which brain regions are active at

specific moments, Inward-Outward Motivation Flow allows for targeted interventions to optimize motivation based on the current cognitive state.

Practice

Understanding the theory behind Inward-Outward Motivation Flow is crucial, but its true value emerges in practical application. Let's explore how these concepts translate into actionable steps, moving from abstract understanding to concrete implementation. Think of it as building a bridge between knowing and doing.

1. Select Your Moment of Upper Motivation that we work in the previous text [\(link here\)](#)

Share your reflections with us through this questionnaire [\(link to survey or feedback form\)](#).

Your input is invaluable—it not only helps you clarify your own motivational patterns but also contributes to the development of tools that can empower others to achieve their goals.

2. Analyze Your Channels

Like a river finding its path, your success flowed through both internal and external channels:

Internal Channels (Examples):

- Mindset shifts**
- Skill development**
- Energy management**
- Personal habits**

External Channels (Examples):

- Environment setup**
- Support systems**
- Resource availability**
- Timing factors**

3. Map Your Balance

Imagine having 10 units of energy to recreate this moment:

- How many units went to internal changes?**
- How many to external adjustments?**

For example:

"In my teaching Moment of Upper Motivation, I needed:

- 7 units internal (confidence, preparation, teaching skills)
- 3 units external (classroom setup, student engagement)"

For example:

"In my teaching Moment of Upper Motivation, I spent 7 units on internal preparation (confidence, skills) and 3 on external factors (classroom setup, student engagement)."

4. Reflect and Record

- What surprised you about this balance?
- Which channel needs more development?
- How might you adjust this balance for future success?

Continuous Refinement and Evolution

Inward-Outward Motivation Flow isn't a static system but a living process that evolves with your experience:

- Each new Moment of Upper Motivation you identify provides more refined data for your map
- Over time, you'll notice more subtle and specific patterns

- Your ability to recognize and achieve optimal states will improve
- The channels become more precise and effective

This continuous improvement cycle means:

- Your peak moments will become more frequent and sustainable
- You'll develop a deeper understanding of your patterns
- You can adjust your channels with greater precision
- Your system becomes more robust and adaptable

Think of it as a vegetable garden that grows over time:

- First, you establish the basic channels
- Then you observe how water flows
- You adjust and refine based on results
- With each season, not only does the system become more efficient, but it also produces more nourishing results
- Like a garden that feeds both body and soul, your Inward-Outward Motivation Flow system will nurture both your growth and practical achievements

This evolutionary nature of Inward-Outward Motivation Flow is precisely what makes it so powerful - it's not just a tool, but a living system that grows and adapts with you, constantly providing new insights and more abundant results.

Criticisms and Challenges:

- Some may view this approach as overly reductionist.
- May require deeper exploration of philosophical underpinnings.

- Needs further empirical testing across varied populations.

What do you think? Does the bottom-up approach resonate with your experience? Share your thoughts and critiques in the comments!

- Reach out for free coaching sessions and contribute to validating this framework.

Conclusion

The Power of Systematic Flow

Like a well-designed irrigation system, Inward-Outward Motivation Flow doesn't fight against natural tendencies - it works with them, making them useful and sustainable. By understanding and directing your natural flows, you create conditions where peak states become more accessible and maintainable.

Using this map, we propose a framework to analyze and optimize:

- **Moments:** Understanding Upper and Lower cognitive states.
- **Goals:** Aligning aspirations with actionable plans.
- **Routines:** Designing consistent structures for growth.
- **Tasks:** Prioritizing actions based on cognitive readiness.

With this framework for decision-making, we can self-evaluate more effectively.

- **Scientific Personal Journals:** Tracking and iterating through self-experimentation.

This foundational framework bridges theoretical insights with practical applications, creating a clear path toward self-optimization.

Join the Conversation!

- How can this framework be improved?
- Are there specific challenges you'd to address?
- Share your feedback and experiences applying the concepts in your life.

Next Steps (Coming Soon)

1. [From Inward-Outward Motivation Flow to Multilevel Processing](#)
2. Learn and mapping: Superfunctions and MetaVirtues
3. Apply the Framework: Set Goals, Design Routines, Identify Tasks, Track Your Progress

Appendix:

At one point in his life, Miyamoto Musashi sought not only to perfect his martial art but also to strengthen his body and mind through disciplined labor. To this end, he decided to cultivate a barren piece of land, believing that the process would refine his skills and sharpen his focus.

Initially, Musashi attempted to control the flow of water on his land by building barriers to block it. However, each time the rains came, these barriers collapsed under the force of the water, leaving his efforts in ruins. He soon realized that resisting the natural flow was not only futile but also a waste of energy.

Determined to find a better solution, Musashi shifted his approach. Rather than fighting against the water, he observed its patterns and behaviors. He designed a simple but effective system of channels to guide the flow, distributing its force in a way that nourished the land instead of destroying it. This shift in mindset was transformative:

- **Adaptation over resistance:** Musashi learned to work with the terrain, channeling the water in harmony with its natural tendencies.
- **Observation and strategy:** By studying the dynamics of the water, he created a system that required less effort yet achieved greater results.
- **Collaboration:** Inspired by his perseverance, neighbors joined the effort, teaching Musashi the value of collective strength in achieving goals.

These lessons extended far beyond agriculture. In combat, Musashi began to embody the principle of channeling force rather than resisting it. Instead of clashing directly with an opponent's strength, he learned to redirect it, turning it to his advantage. This philosophy became a cornerstone of his fighting style, Niten Ichi-ryu, emphasizing control, adaptability, and strategy.

Through his failures and eventual success, Musashi discovered that true mastery—whether in battle or in life—comes not from imposing one's will upon the world, but from understanding and working with its natural flows.

References

1. Kahneman, D. (2011). *Thinking, Fast and Slow*. Farrar, Straus and Giroux.
 - Kahneman's groundbreaking work on dual-system thinking forms the backbone of understanding how cognitive load and decision-making affect motivation. Inward-Outward Motivation Flow applies these insights to create a model of dynamic motivational channels.
2. Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. Harper & Row.
 - Flow theory explains how motivation can be maximized by aligning skill and challenge. Inward-Outward Motivation Flow takes this concept and applies it to the dynamics of motivational channels.
3. Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11(4), 227-268.
 - Self-Determination Theory provides a framework for understanding intrinsic motivation, which Inward-Outward Motivation Flow integrates to help map and optimize motivational channels.
4. Damasio, A. (1994). *Descartes' Error: Emotion, Reason, and the Human Brain*. Putnam.
 - Damasio's exploration of how emotions drive decision-making and motivation aligns with Inward-Outward Motivation Flow's focus on emotional channels and their interaction with cognitive systems.

