

8._MOTIVATION, NEEDS & VALUE

In the meaning of what I value the most?

**There are two different types of motivations,
and it is useful to discover which one we are using the most**

THE FIRST ONE

INNER MOTIVATION

→ is related to our intrinsic needs, what we value the most and is dependent on harmony and equilibrium between our heart, mind and body, which makes us “feel good” with a positive attitude.

Also with “INNER MOTIVATION” we will for sure enjoy the activity we decide to do whether it's a sport or something else, and thus the additional fun deriving from it, is a kind of warranty to reach very high accomplishments

THE SECOND ONE

OUTER MOTIVATION

→ has more to do with the need to be recognised and appreciated by someone else, through our accomplishments and mostly our results, whether it's our relatives (our parents and family), or our trainer, our federation, and our sponsors.

Depending on our background, it is sometimes used whenever we strive to excel in a professional competitive environment.

In this case we have to deal with additional psychological pressures: “I have to this, I must do that“ while in the “Inner motivation mode” we are in a more relaxed state of mind: “I wish, I desire, I like it, I long for “.

Therefore the OUTER MOTIVATION is prevailingly related to constant effort and to focus on results. As said previously it is subjected to a high level of stress, and carries a risk of disappointment, frustration, lack of motivation and strength to carry on, which can in extreme cases lead us to give up and abandon our sport.

This is in sharp contrast with:

INNER MOTIVATION

- putting us in the right mood for improvements and accomplishments, filling us with positive energy during our training so as to enable us to reach the best possible results.

A strong INNER MOTIVATION makes it easier to enjoy what our flight instructor will decide to teach us at the beginning of the training.

Then, after a certain period of time, we will decide what to study and practice for each flight, this being validated by our FI or coach.

*INNER MOTIVATION helps a lot to structure your training progression,
with all this positive energy coming from the heart.*



You can go browse the “Academy of aerobatics” website to get a list of possible needs as a pilot prior to your training or competition flights. You can build up your own list according to your preferences, to maximise your readiness, all along your progression.

FEW WORDS ON WHAT YOU VALUE THE MOST

It is very important to make sure if what you are doing as sport, **but not only**, is of such value that it will positively impact your “INNER MOTIVATION”

FOR EXAMPLE:

- if what you value the most in your life is your family and kids,
 - ↳ then it will not be easy to get away from them for long periods of time for trainings or competitions.

In this specific case, you would have to make choices,

- ↳ to take decisions and organise your training differently.

There is no objective judgement about this. It’s strictly personal and as such, dependent on your decision only. It comes only from the heart and state of mind.

AN EXERCISE YOU CAN TRY IS:

- **to make a list of what you most value**, with an order of priorities and then, evaluate it, against what you are doing, to verify if it satisfies your deepest needs.

If not, then you need to re organise your life accordingly in order to match both to your needs, connected with what you value the most, and your sport itself. It works not only for sports, but in sports it’s of primary importance.

Now, I strongly suggest once again that you visit the "Academy Of Aerobatics" website to find many suggestions about the needs for sports pilots, as well as examples as how to study a "FREE UNKNOWN" programme, very useful to build up a "FREE KNOWN" one as well.

And then a briefing on how to deal with head and crosswinds during aerobatic flights.

✈️ **You will benefit from decades of professional experience.**



Here we reach the end of this new series of videos. Hope you enjoyed them and we hope they will help you all along your progression.

They are meant to give you a few proven ideas to think about and work on it and of course these videos don't have the pretence to encompass all aspects of your aerobatic career, but they certainly will give you a good insight.

*You are strongly advised to find a coach to help you through the training and contests,
or as non-aerobatic pilot to get prepared mentally and emotionally to face any critical or emergency situations.*

Thanks for watching
Have much fun in flight and happy landings
Fly safe !!!



Patrick PARIS – Academy Of Aerobatics - Aero-Safety First