

— Dragged, pulled, and/or motivated



People who have to be dragged, pulled, and/or motivated simply don't have big enough lives.

I know it sounds a little harsh.

And, if you're a professional coach, consultant, or trainer you're not getting paid to be a cheerleader.

Let's look at why someone would be in a position of having to be dragged, pulled, and/or motivated in the first place.

Possible reasons might include:

Lame purpose for existence

Weak Inner Stance

Physically deconditioned

Genetics

Comfort addict mentality

Extremely low stress tolerance

Entitlement mentality

Unwillingness to deal with fear

It's often useful to have an interaction with such a person about the consequences of unworkable behavior.

There is literally nothing a person does that they feel is not self-serving to them.

— **Dusan Djukich**