

Speaker: **Alex Bellini – Adventurer, Professional Speaker, Mental Coach and Author**

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CONTENT

0:06

I'm an adventurer. This kind of adventure. And also this kind of adventure. Oh yes, this kind of adventure as well. And yes, and this kind of adventure. People believe I'm highly motivated. People believe I'm a rare animal on the verge of extinction, because we all know how to, to dream big. But when it comes to our daily duties well this is another story. And only a few of us can make the dreams come true. Alex is definitely an extraordinary man. You must be an extraordinary man, cos, you rowed single handed across two oceans, by yourself, it must take a special kind of motivation.

1:04

Those kind of things they they normally say. But truth to be told, I'm not different from anyone else. And this statement generates fear and concerns, because it leaves no excuses to hide behind. At 22, I dropped out from university, because studying became a nightmare, despite the big final reward, it was a pretty good job after all not too dangerous and a very good salary. I decided to turn turn my attention toward a different path. Now I'm home, I'm married and I've also two daughters. My wife makes fun of me because I, I tried to find excuses to avoid my daily workout. It's too windy. It's too late. There is no time. Sometimes she wonders whether I am the same man who rowed across the two oceans.

2:02

So when it comes to my motivation, I just face the same issues as anyone else. When it comes to motivation, there is a lot of theories and definition around this concept. Many people believe that individuals are either motivated or not motivated. Others claims that motivation is a stable trait of our personality, while others says that individuals, by definition, to say better by default are not motivated and need to be pushed by means of sticking carrots at models. What I believe is that motivation is not a static. It's constantly changing, goes up and down and most importantly the situation plays a crucial role. I also believe that motivation should be split in two. Intrinsic motivation and extrinsic motivation. Intrinsic motivation is the desire to seek new things and new challenge. It exists within the individuals, even when there is no rewards at all. Extrinsic motivation, refer to the performance that is, that is, carry out to obtain a specific outcome. It comes from the influences that that exist outside the individuals and it's linked to the pursuing of pleasure and avoiding punishment.

3:36

But, at this point, the most difficult question to answer is, where do people find motivation to act, and to endure? In my case, for answers, I search my journal that I kept through my entire journey across the Pacific Ocean and surprisingly, out of a total of 294 days of the adventure, I recorded only 12 days of intrinsic motivation. In those days, I will have paid to be there. Being there was a pure joy. I recorded intense moments of pleasure. I felt connected with the natural world as never felt before.

4:29

For example, I remember, one night, I was surrounded by a group of dolphins. They were swimming around me and underneath my boat. It was an extraordinary event. I could see their eyes. I could have touched their back if I wanted. As they swam around me, they created a kind of light turbulence, just enough to make the plankton to light it up and make it the, the water around me very very bright. It was a memorable event. It was as if I was in the middle of the tail of a comet.

5:13

But unfortunately, this moment don't last long. And the day after, you are back to the same old and boring routine of rowing against the lot. Twelve days, it's about the third percent of the entire journey. Not too much after all, you might say, what makes you do it then? This is something I ask myself many many times and I've had plenty of time to think about it. The first and most important and probably the most obvious factors of motivation is the goal I set. The clear image I picture in my mind of me rowing towards Australia. The feeling of being invincible. The feeling of being different somehow. The TV interviews, the money, the recognition, the girls around me and and the life that changed for the better. Yes, I'm honest. It makes part of it. It's all part of it.

6:23

It gave me the strength to jump on the boat. But when you are there, in the middle of the ocean, the, the final goal disappears beyond the horizon. You start dealing with your own fears and demons and the ultimate goal is to stay alive, let alone rowing across an ocean, is just to stay alive. This is just overwhelming. And you cannot think about anything that far away. So, the final goal is not what pushed me towards Australia. Some might think that the answer is in the twelve days of deep intrinsic motivation. Yes, it makes it all worthwhile, but I cannot rely on them, because I have no control on them.

7:19

They just happen by chance. I was discussing this with, recently I was discussing with a friend and he asked me, "If you were told in advance that you wouldn't have even one of those moments throughout the journey of your Pacific adventure, would you still go ahead and do it? And I said, "Obviously, I would". So the problem is that neither of the two arguments are what pushed me towards Australia. I believe that the reason are in the 282 days where I wasn't very intrinsically motivated. In those days, I remember that I spent days and nights into my cabin, praying God to take care of me. I was exhausted. I was wet. I was dirty. I was frustrated, because the wind constantly pushed me backwards. I was desperate. I just wanted to go home and be an average man. I was discussing this thing with the friends I mentioned before and he asked me, he look at me first, astonished and he asked me, "if you had had the chance to wake up one morning and be already in Sydney, avoiding all the difficulties that you might encounter, wouldn't you have taken it?" And I said, "No, I wouldn't have taken the chance to avoid all those difficulties". And you know why? Because I believe that the experience is far more important than the accomplishment. Living every moment has a great chance to grow.

9:25

Taking any challenge as a way to - get to to know yourself. Looking at this every single obstacle in life. Not as a punishment but whether as a great chance and opportunity to prove our greatness. Listen, watching you going through those very tough days is far more rewarding than you might think. You might say, yes, thanks Alex, this concept is very easy to think and to say. But what about accepting it? Well, to be honest, I took ten months to accept this this concept. But after 294 days, I just decided to stop rowing a short distance from Sydney. That became too dangerous to keep going. It was, however, the right decision for me. And what is interesting here is that I don't find, I don't feel any sense of loss or failure now.

10:45

This is why I think that we, we should value the time we spent working on a project rather than the goal itself. When, before my adventure began, I thought that after the adventure everything would have been different around me. My life would have been transformed. My, my life totally changed. But honestly nothing has really changed. I'm the same old boy who tried to avoid daily routine, daily exercise. What really changed me was the adventure, was the journey. But, wait a second, is this just me or is there something we all share. I believe that we all have our ocean to cross, whether it's writing a book, getting a certification or build up a company or just getting fit. We all need motivation to carry on when things get tough.

12:00

Because it's all too tempting to give up. But we don't give up. We don't step back, because we believe that sooner or later, at the end of our walk, our journey there will be a big plate with a lot of delicious food. But the finest food, the nutrition we need is not on top of the mountain. It's just in front of us, every single day, come on, guys, it's right there as we walk towards our goal. It's not on top of the mountain. And that's the truth. Paradoxically, achievement is just by definition the means to a greater transformative experience. The journey is the profundity.

13:01

Please take note, the journey is the profundity, and that's what I want to share with you today.

13:06

Thanks.

13:12

[END]