

MyCareerByDesign – Beyond The Imaging Room™

17 *crucial* Differences *With Real Life Examples*

INSPIRATION VS MOTIVATION

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MyCareerByDesign – Beyond The Imaging Room™

Have you ever wondered why some people achieve lasting success while others struggle to stay on track?

The secret lies in the difference between motivation and inspiration.

Motivation can push you to take action, but it's often short-lived, fading when obstacles arise.

Inspiration, on the other hand, pulls you toward transformation – it's deeper, more powerful, and rooted in purpose.

In this guide, we break down the key differences between motivation and inspiration, so you can unlock the true driver of sustainable success.

Whether you're looking to advance your career, pivot to a new path, or overcome professional roadblocks, understanding this distinction can be the game-changer you need.

1. Source of Drive - External vs Internal

- Motivation comes from external factors like rewards, deadlines, or pressure.
- Inspiration comes from within, fueled by passion, purpose, and vision.

EXAMPLES

- Motivation: A student studies hard for an exam because their parents promised them a new phone if they get good grades.
- Inspiration: Another student studies because they are passionate about science and dream of becoming a doctor.

2. Longevity - Temporary vs Long-lasting

- Motivation is temporary; it fades when the external stimulus is removed.
- Inspiration is long-lasting; it sustains itself over time

EXAMPLES

- Motivation: A person starts a side business because they need extra cash but quits once they make a little money.
- Inspiration: An entrepreneur starts a business to solve a real-world problem and remains committed despite setbacks.

3. Nature of Action – Push Vs Pull

- Motivation pushes you to take action, often through effort or willpower.
- Inspiration pulls you toward action effortlessly, making it feel natural.

EXAMPLES

- Motivation: A runner forces themselves to train for a marathon because they signed up for it.
- Inspiration: Another runner trains daily because they love the sport and enjoy pushing their limits.

4. Emotional Response – Obligation vs Fulfillment

- Motivation can sometimes feel like a chore or an obligation.
- Inspiration feels exciting, uplifting, and fulfilling.

EXAMPLES

- Motivation: An employee works late because their boss is watching.
- Inspiration: Another employee stays late because they believe in the company's mission and want to contribute more.

5. External vs. Internal Influence

- Motivation often depends on external validation, incentives, or fear.
- Inspiration comes from internal beliefs, values, and purpose.

EXAMPLES

- Motivation: A young musician practices because their coach demands it.
- Inspiration: Another musician plays every day because they are deeply connected to their art

6. Resistance to Challenges

- Motivation can waver when obstacles arise.
- Inspiration helps overcome setbacks because the "why" is deeply rooted.

EXAMPLES

- Motivation: A weightlifter trains hard but quits after failing in a competition.
- Inspiration: Another weightlifter sees failure as part of the journey and works harder to improve.

7. Depth of Impact - Short-term vs Transformational

- Motivation can lead to short-term goal achievement.
- Inspiration drives long-term transformation and personal growth.

EXAMPLES

- Motivation: A corporate employee works overtime for a promotion but feels unfulfilled afterward.
- Inspiration: An entrepreneur takes risks to build something meaningful and finds deep satisfaction in the journey.

8. Dependency on Circumstances

- Motivation is affected by mood, energy levels, or external conditions.
- Inspiration remains steady, regardless of circumstances.

EXAMPLES

- Motivation: A person only eats healthy when they have a personal trainer guiding them.
- Inspiration: Another person makes healthy choices every day because they genuinely care about their long-term well-being.

9. Influence on Others

- Motivation can be contagious but may not last in others.
- Inspiration deeply moves people and sparks lasting change.

EXAMPLES

- Motivation: A manager motivates their team with financial incentives, but productivity drops when the incentives stop.
- Inspiration: A visionary leader inspires their team with a compelling mission, creating long-term commitment and innovation.

10. - Relationship with Fear - Fear-driven vs Passion-driven

- Motivation can stem from fear (e.g., fear of failure, fear of consequences).
- Inspiration stems from love, passion, and a desire to create something meaningful.

EXAMPLES

- Motivation: An employee works extra hard because they fear being fired.
- Inspiration: Another employee takes initiative because they are passionate about making a difference in their role.

11. Relationship with Passion

- Motivation is often disconnected from passion; it's mostly about "getting things done."
- Inspiration is deeply tied to passion, making actions feel meaningful.

EXAMPLES

- Motivation: A software developer codes only because their boss assigns them tasks.
- Inspiration: Another developer builds side projects because they love solving problems through technology.

12. Connection to Purpose - Task vs Vision-Oriented

- Motivation is often task-driven (focused on "what" needs to be done).
- Inspiration is purpose-driven (focused on "why" it matters).

EXAMPLES

- Motivation: A writer forces themselves to finish a book because of a publishing deadline.
- Inspiration: Another writer pours their heart into the book because they want to change lives with their message.

13. Impact on Creativity - Rigid vs Expansive Thinking

- Motivation can be rigid and goal-oriented.
- Inspiration fuels creativity, innovation, and thinking beyond boundaries.

EXAMPLES

- Motivation: An artist follows social media trends to gain followers.
- Inspiration: Another artist creates meaningful work that speaks to them, eventually attracting an authentic audience.

14. How It Feels - Effort vs Flow

- Motivation often feels like effort, requiring discipline and willpower.
- Inspiration feels effortless, like a natural flow of energy.

EXAMPLES

- Motivation: A person forces themselves to wake up early because of a productivity challenge.
- Inspiration: Another person wakes up early naturally because they love what they do every day.

15. Role in Leadership – Management vs Visionary Leadership

- Motivated leaders rely on rewards, consequences, or persuasion to drive action.
- Inspired leaders create a vision that people willingly follow and believe in.

EXAMPLES

- Motivation: A CEO pushes employees with strict deadlines and performance targets.
- Inspiration: Another CEO shares a vision so compelling that employees go the extra mile voluntarily.

16. Timing & Spontaneity

- Motivation often needs to be actively sought (watching videos, setting goals, etc.).
- Inspiration can strike spontaneously from experiences, people, or ideas.

EXAMPLES

- Motivation: A person watches motivational videos before going to the gym.
- Inspiration: Another person naturally loves working out because it makes them feel great.

17. Effect on Personal Growth – Milestones vs Transformation

- Motivation helps achieve milestones but may not change a person deeply.
- Inspiration leads to lasting personal transformation and fulfillment.

EXAMPLES

- Motivation: A person reads self-help books but doesn't apply what they learn.
- Inspiration: Another person takes lessons from books and actively changes their mindset and habits.

18. Examples in Daily Life

- Motivation: Studying for an exam because of the fear of failing.
- Inspiration: Studying because of a deep love for learning and curiosity.
- Motivation: Working out to fit into a dress for an event.
- Inspiration: Adopting a healthy lifestyle because of a personal wellness journey.
- Motivation: A college student memorizes formulas just to pass an exam.
- Inspiration: Another student deeply engages with the subject because they see its real-world impact.
- Motivation: A person trains hard for a bodybuilding competition but quits after winning.
- Inspiration: Another bodybuilder continues training because fitness is a lifelong passion.

If you've been relying on motivation alone to fuel your career growth, it's time for a shift.

True career transformation happens when you move beyond short-term motivation and tap into deep, lasting inspiration – a purpose-driven force that sustains you even when challenges arise.

Are you ready to break free from cycles of burnout, frustration, and stagnation and step into a career that gets you excited to get up and go to work?

MyCareerByDesign – Beyond The Imaging Room™ is designed to help medical imaging professionals get unstuck and build successful careers beyond the imaging room.

Let's turn your career aspirations into reality!

Are you fired up?

LET'S DO IT!!!!!!

Ready For Homework?

1. Think about decisions or choices you made based on motivation.
2. Do same for Inspiration.
3. How do they compare with the differences and examples you just reviewed?
4. Do you see a pattern?

Remember to write your answers in your notebook!

To learn more about my career transformation coaching,
visit <https://www.mycareerbydesign.com/>