

# What's My Motivation

The Good Place season 1

2017. Porter, Rick (January 23, 2017). *"The Big Bang Theory" adjusts up, "My Kitchen Rules" adjusts down: Thursday final ratings*. TV by the Numbers. Archived

The first season of the fantasy-comedy television series *The Good Place*, created by Michael Schur, aired between September 19, 2016, and January 19, 2017, on NBC in the United States. The season was produced by Fremulon, 3 Arts Entertainment, and Universal Television.

The series focuses on Eleanor Shellstrop (Kristen Bell), a recently deceased young woman who wakes up in the afterlife and is welcomed by Michael (Ted Danson) to "the Good Place", a heaven-like utopia he designed, in reward for her righteous life. Eleanor realizes that she was sent there by mistake, and hides her morally imperfect behavior (past and present). William Jackson Harper, Jameela Jamil, and Manny Jacinto co-star as other residents of the Good Place, together with D'Arcy Carden as an artificial being helping the inhabitants. Each of the episodes are listed as "Chapter (xx)" following the opening title sequence.

Hugh Cruttwell

*Magazine*. 9 November 2011. Retrieved 17 January 2024. Michael Simkins, *What's My Motivation*, Ebury Press, London, 2003, p50. Glyn Idris Jones, *No Official Umbrella*

Hugh Percival Cruttwell (31 October 1918 – 24 August 2002) was a British drama teacher and consultant. He was Principal of the Royal Academy of Dramatic Art (RADA) in London, England for 18 years, from 1966 to 1984. After declaring himself to be a conscientious objector and consequently serving as an agricultural labourer during World War II, he began his professional life as a teacher in private schools but in 1947 moved into theatrical production, spending several years as a stage and production manager at the Theatre Royal, Windsor, Berkshire, England before becoming a freelance drama director. He combined his academic and theatrical experience when he joined the teaching staff at the London Academy of Music and Dramatic Art (LAMDA) in 1959. After seven years there he was appointed Principal of RADA where he presided over one of its most illustrious periods, training many leading actors. He was regarded as having restored the academy's position as Britain's premier drama school. In retirement he served for ten years as artistic and production consultant to the actor and director Sir Kenneth Branagh.

Disorders of diminished motivation

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Disorders of diminished motivation (DDM) are a group of disorders involving diminished motivation and associated emotions. Many different terms have been used to refer to diminished motivation. Often however, a spectrum is defined encompassing apathy, abulia, and akinetic mutism, with apathy the least severe and akinetic mutism the most extreme.

DDM can be caused by psychiatric disorders like depression and schizophrenia, brain injuries, strokes, and neurodegenerative diseases. Damage to the anterior cingulate cortex and to the striatum, which includes the nucleus accumbens and caudate nucleus and is part of the mesolimbic dopamine reward pathway, have been especially associated with DDM. Diminished motivation can also be induced by certain drugs, including antidopaminergic agents like antipsychotics, selective serotonin reuptake inhibitors (SSRIs), and cannabis, among others.

DDM can be treated with dopaminergic and other activating medications, such as dopamine reuptake inhibitors, dopamine releasing agents, and dopamine receptor agonists, among others. These kinds of drugs have also been used by healthy people to improve motivation. A limitation of some medications used to increase motivation is development of tolerance to their effects.

Equity (British trade union)

*University Press. pp. 78–79. ISBN 9780521464888. Simkins, Michael (2003). What's My Motivation?. London: Ebury Press. pp. 69–70. ISBN 0091892295. "Who can join*

Equity, formerly officially titled the British Actors' Equity Association, is the trade union for the performing arts and entertainment industries in the United Kingdom.

Formed by a group of West End performers in 1930, the union grew to include performers and stage management nationwide, as well as gaining recognition in audio, film, and television. Equity incorporated the Variety Artistes' Federation in 1967, and now represents most professionals whose work is presented on stage or screen.

As of 2021, it had just over 46,000 members, including actors, singers, dancers, variety artistes and other performers, models, theatre directors, choreographers, designers, and stage management.

Equity requires its members to have unique professional names to avoid confusion with other artists and entertainers.

Let's Get It: Thug Motivation 101

*Christgau gave the album a choice cut rating, only liking "My Hood." Let's Get It: Thug Motivation 101 debuted at number two on the US Billboard 200, selling*

Let's Get It: Thug Motivation 101 is the commercial debut and overall third studio album by American rapper Young Jeezy. It was released on July 26, 2005, by The Island Def Jam Music Group, Def Jam, Jazze Pha's Sho'nuff Records, and Young Jeezy's Corporate Thugz Entertainment.

The album was supported by four singles: "And Then What" featuring Mannie Fresh, "Soul Survivor" featuring Akon, "Go Crazy" and "My Hood". The album debuted at number two on the Billboard 200, selling 172,000 copies in the first week. The album was certified double platinum by the Recording Industry Association of America (RIAA).

Motivation-enhancing drug

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A motivation-enhancing drug, also known as a pro-motivational drug, is a drug which increases motivation. Drugs enhancing motivation can be used in the treatment of motivational deficits, for instance in depression, schizophrenia, and attention deficit hyperactivity disorder (ADHD). They can also be used in the treatment of disorders of diminished motivation (DDMs), including apathy, abulia, and akinetic mutism, disorders that can be caused by conditions like stroke, traumatic brain injury (TBI), and neurodegenerative diseases. Motivation-enhancing drugs are used non-medically by healthy people to increase motivation and productivity as well, for instance in educational contexts.

There are limited clinical data on medications in treating motivational deficits and disorders. In any case, drugs used for pro-motivational purposes are generally dopaminergic agents, for instance dopamine reuptake inhibitors (DRIs) like methylphenidate and modafinil, dopamine releasing agents (DRAs) like amphetamine,

and other dopaminergic medications. Adenosine receptor antagonists, like caffeine and istradefylline, can also produce pro-motivational effects. Acetylcholinesterase inhibitors, like donepezil, have been used as well.

Some drugs do not appear to increase motivation and can actually have anti-motivational effects. Examples of these drugs include selective serotonin reuptake inhibitors (SSRIs), selective norepinephrine reuptake inhibitors (NRIs), and antipsychotics (which are dopamine receptor antagonists or partial agonists). Cannabinoids, for instance those found in cannabis, have also been associated with motivational deficits.

### Who Moved My Cheese?

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Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work and in Your Life is a 1998 motivational business fable by Spencer Johnson that describes four reactions to change. The book is written as a parable about two mice and two "Littlepeople" during their hunt for cheese. A New York Times business bestseller upon release, Who Moved My Cheese? remained on the list for almost five years and spent over 200 weeks on Publishers Weekly's hardcover nonfiction list. As of 2018, it has sold almost 30 million copies worldwide in 37 languages and remains one of the best-selling business books.

### Richard O'Donoghue (actor)

p49. &quot;Profiles&quot;. Royal Academy of Dramatic Art. Michael Simkins, What's My Motivation, Ebury Press, London, England, 2003, p17. &quot;Principal to retire&quot;,

John Christopher Richard O'Donoghue (13 September 1920 – 4 January 2002) was an English actor, theatrical entrepreneur and administrator. After training as an actor he performed in repertoire before his call-up in World War II. He served in the British Indian Army and by the end of hostilities had risen to the rank of major. After demobilisation he briefly returned to acting before working for 15 years in management and production in the West End theatre in London, firstly with theatrical entrepreneurs Sir Bronson Albery and his son Sir Donald Albery and then in partnership with Gervase Farjeon. In 1967 he became Registrar and Administrator of RADA (Royal Academy of Dramatic Art), a position of influence over generations of acting and theatre production students which he held for 20 years until his retirement.

### What's My Line (Buffy the Vampire Slayer)

*&quot;What's My Line&quot;* is a two-episode story arc in season two of the television series *Buffy the Vampire Slayer*. The episode was broadcast separately and

"What's My Line" is a two-episode story arc in season two of the television series *Buffy the Vampire Slayer*. The episode was broadcast separately and aired on The WB. Part one aired on November 17, 1997 and part two aired on November 24, 1997.

In part one, Buffy endures Career Week at school while Spike hires assassins to kill her; a fierce fighter who identifies herself as "Kendra the Vampire Slayer" shows up in Sunnydale. In part two, Angel is kidnapped by Spike for a ritual in which Drusilla is restored to health.

### Identity based motivation

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Identity-based motivation theory (IBM) is a social psychological theory of human motivation and goal pursuit, which explains when and in which situations people's identities or self-concepts will motivate and to

take action towards their goals.

IBM predicts that the motivational power of our identities depends on which identities come to mind and what they are taken to mean in a given moment (termed “dynamic construction”), whether or not those identities feel like they fit with the current situation (termed “action-readiness”), and how experienced difficulties are interpreted (termed “interpretation of difficulty”).

People interpret situations and experienced difficulties in ways that are consistent with whichever identities are currently on their minds, and prefer to act in ways that are identity-consistent rather than identity-inconsistent. When actions feel identity-consistent, difficulties that come up tend to be interpreted as important, suggesting actions are meaningful. On the other hand, when actions feel identity-inconsistent, the same difficulties suggest the behavior is pointless and “not for people like me.”

The IBM model was developed by University of Southern California Professor Daphna Oyserman, and has been used as a foundation for a variety of aspiration-achievement gap interventions in schools, health, planning, and savings. Identity-based motivation theory is also used in understanding motivations behind giving both gifts and charity, consumer behavior, and the interface between culture and identity.

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