

MOTIVATION



Motivation is that internal energy that drives us to act and pursue our goals and objectives. It's like an emotional impulse that encourages us to strive, persist, and overcome obstacles in pursuit of what we desire.

Aim - The purpose of this educational material is to learn about the nature of motivation, its possibilities, necessity, its training and development. Why motivation is necessary?

Objectives

- Understand and learn the skill of Motivation
- Why motivation is important;
- Get to know different motivational techniques;

Content

- What is MOTIVATION;
- Why it is important;
- Negative and positive motivation;
- Motivation types;
- Benefits of motivation

MOTIVATION - why it is important

Action may not always bring happiness, but there is no happiness without action.

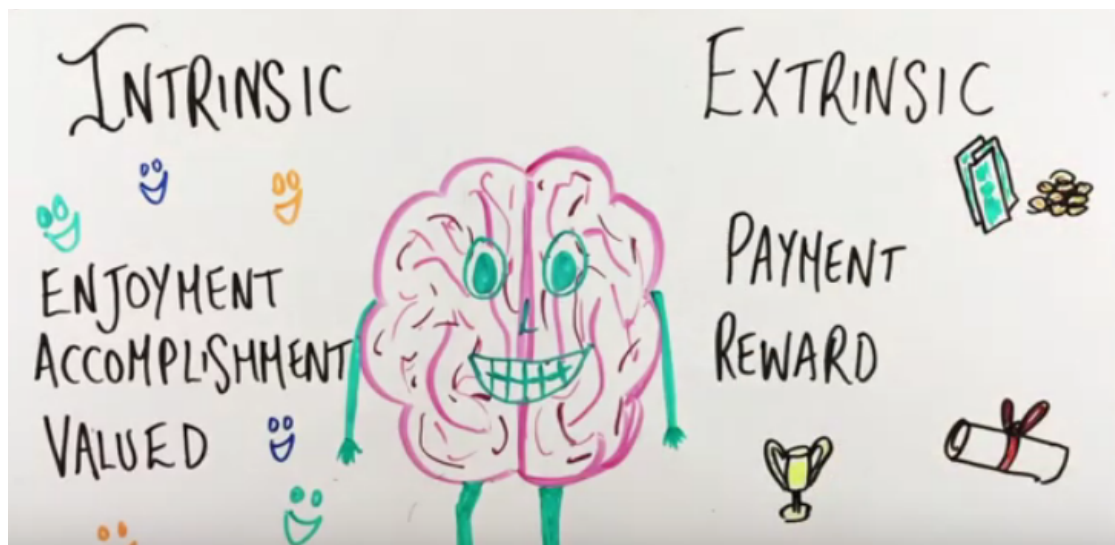
(William James)

Why do we care about what people want and why they want it?

- ✓ How about because it can improve our lives.
- ✓ Understanding motivation gives us many valuable insights into human nature.
- ✓ It explains why we set goals, strive for achievement and power, why we have desires for psychological intimacy and biological sex, why we experience emotions like fear, anger, and compassion.
- ✓ Learning about motivation is valuable because it helps us understand where motivation comes from, why it changes, what increases and decreases it, what aspects of it can and cannot be changed, and helps us answer the question of why some types of motivation are more beneficial than others.



MOTIVATION can be Intrinsic and Extrinsic



MOTIVATION IS DRIVEN BY: negative and positive factors.

Negative motivation refers to motivation that is driven by negative emotions, such as fear, anxiety, or pressure, rather than by positive goals or desires:

- Fear-based Motivation
- External Pressure
- Guilt or Shame
- Negative Self-Talk
- Comparisons with Others
- Perceived Lack of Options
- Revenge or Resentment
- Avoidance of Consequences

- Lack of Purpose
- Self-Sabotage

It's important to recognize when motivation is driven by negative factors and to work towards shifting towards more positive and constructive sources of motivation for long-term well-being and fulfillment.

intrinsic Motivation :

- Passion
- Optimism
- Personal Growth
- Goal Setting
- Supportive Environment
- Inspirational Role Models
- Sense of Community
- Self-Improvement
- Gratitude and Positivity

Benefits of Motivation



1. Increased Productivity: Motivated individuals tend to be more productive as they are driven to achieve their goals and complete tasks efficiently.

2. Improved Performance: Motivation often leads to improved performance in various aspects of life, such as work, sports, or academics.

3. Higher Levels of Satisfaction: Achieving goals that one is motivated to pursue can lead to a sense of accomplishment and satisfaction.

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4. Enhanced Focus and Concentration: Motivation helps individuals stay focused on their tasks and goals, reducing distractions and improving concentration.

5. Boosted Confidence: Motivation can increase self-confidence and self-esteem, as individuals see themselves making progress towards their goals.

Important questions ask – WHY? DEFINE YOUR WHY!



SET UP YOUR MINDSET:

