



EXPECTANCIES
WHAT IS MY PERSONAL EXPERIENCE?
CAN I DO IT?
IS IT POSSIBLE?
IS IT CONTROLLABLE WITH EFFORT?

MOTIVATION
IS IT WORTH DOING?

(SUBJECTIVE) VALUE
SUPPORTIVE ENVIRONMENT

GOAL
DIRECTED BEHAVIOUR

SOCIAL GOALS
AFFECTIVE GOALS

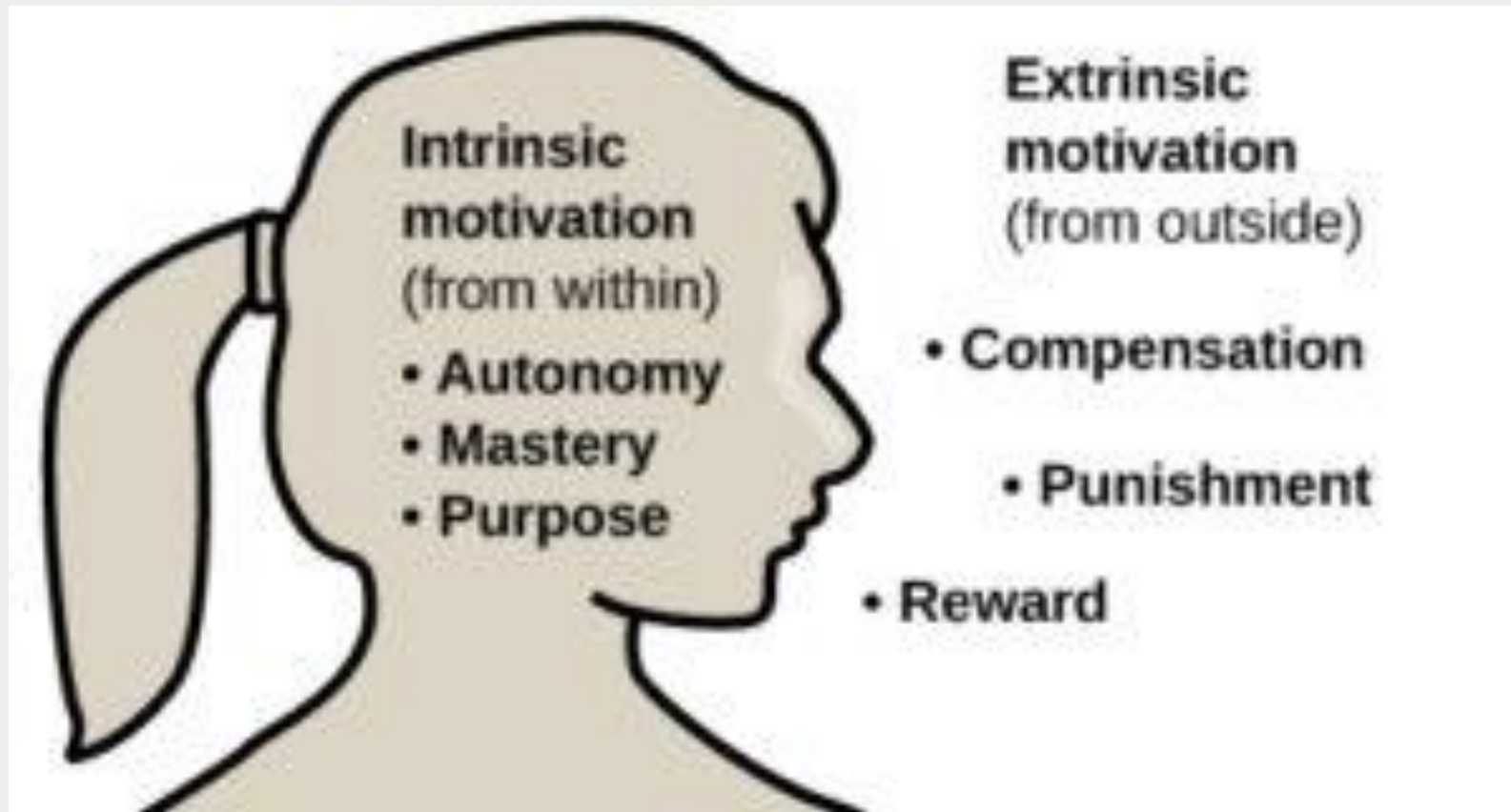
Types of Motivation

We Thrive Together

Motivation

“motivation” describes why a person does something. It is the driving force behind human actions. Motivation is the process that initiates, guides, and maintains goal-oriented behaviors.





MOTIVATION



The two main types of motivation

Extrinsic motivation – or outside motivation often involves external rewards (trophies, money, social recognition, or praise)

Intrinsic motivation – is internal and arises from within the individual, such as doing a complicated puzzle purely for the gratification of solving a problem.

Understanding Motivation can:

- Increase your efficiency as you work toward your goals
- Drive you to take action
- Encourage you to engage in health-oriented behaviors
- Help you avoid unhealthy or maladaptive behaviors
- Help you feel more in control of your life
- Improve your overall well-being and happiness



Causes of low motivation

- All-or-nothing thinking: If you think that you must be absolutely perfect when trying to reach your goal or there is no point in trying, one small slip-up or relapse can zap your motivation to keep pushing forward
- Believing in quick fixes: it's easy to feel unmotivated if you can't reach your goal immediately, but reaching goals often takes time.
- Thinking that one size fits all : Just because an approach or method worked for someone else, does not mean it will work for you. If you don't feel motivated to pursue your goals, look for other things that will work better for you.

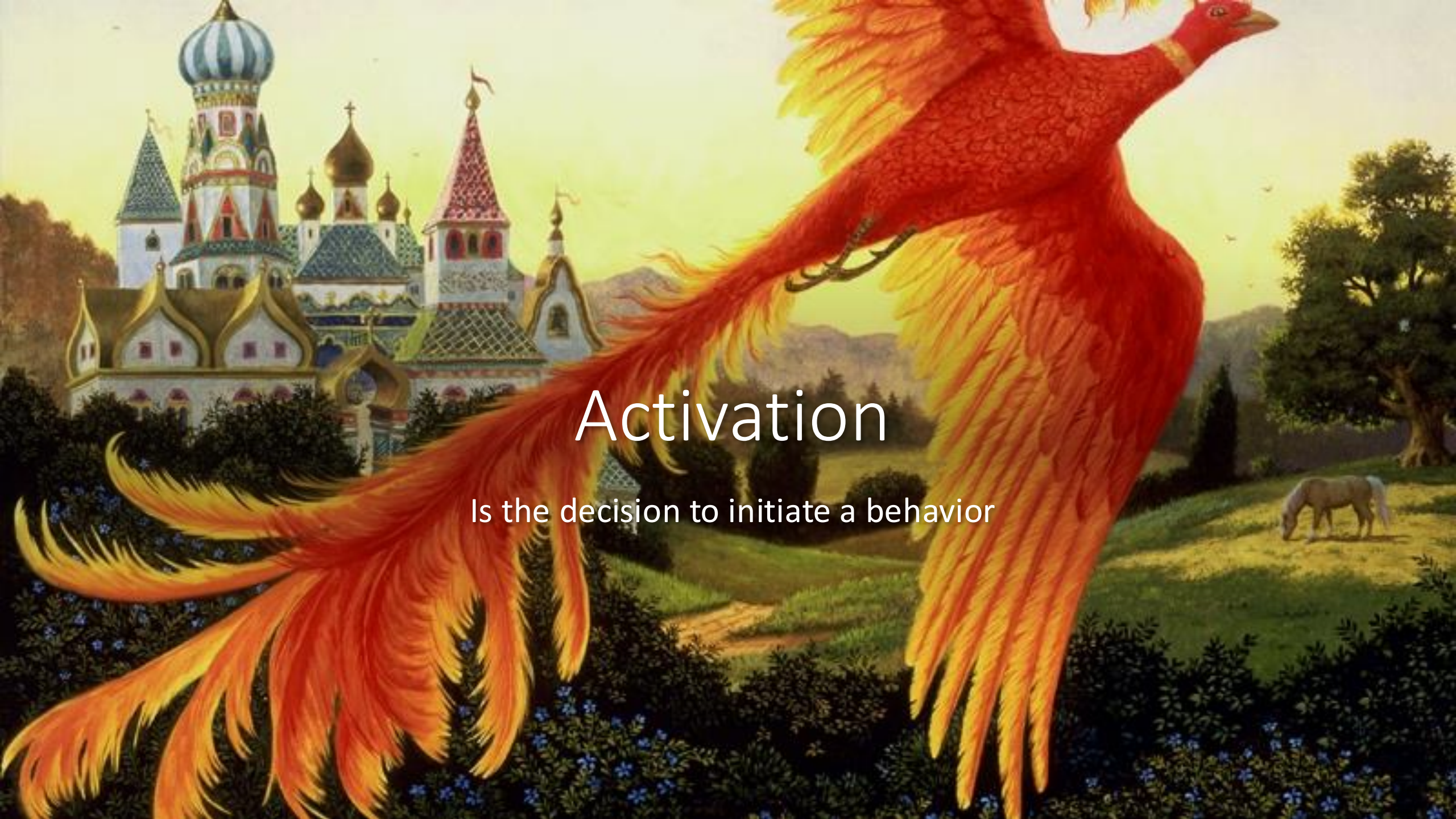




Motivation

If you've ever had a goal (like wanting to lose weight or run a marathon), you probably already know the simply having the desire to accomplish these things is not enough. You must also be able to persist through obstacles and have the endurance to keep going in spite of difficulties.

These different components are needed to get and stay motivated. Researchers have identified three major components of motivation: activation, persistence, and intensity.



Activation

Is the decision to initiate a behavior

Persistence


Is the continued effort toward a goal even though obstacles may happen.





Intensity

Is the concentration and vigor that goes into pursuing a goal.

A surreal landscape with a large full moon, a floating island with a tree, and a ship hanging from a cliff. The scene is set against a dark blue sky with stars and a small tower on a cliff in the background. The foreground is filled with lush green foliage.

Tips for Improving Your Motivation

All people experience fluctuations in their motivation and willpower. Sometimes you feel fired up and highly driven to reach your goals. Other times, you might feel listless or unsure of what you want or how to achieve it.

If you are feeling low on motivation, there are steps you can take to help increase your drive.



Adjust

Adjust your goals to focus on things that really matter to you. Focusing on things that are highly important to you will help push you through your challenges more than goals based on things that are low in importance to you.

Smaller pieces

If you are tackling something that feels overwhelming or too big, break it up into smaller, more manageable steps. Then set your sights on achieving only the first step.

Instead of trying to lose 50 pounds, for example, break this goal down into 5 pound increments.



Confidence

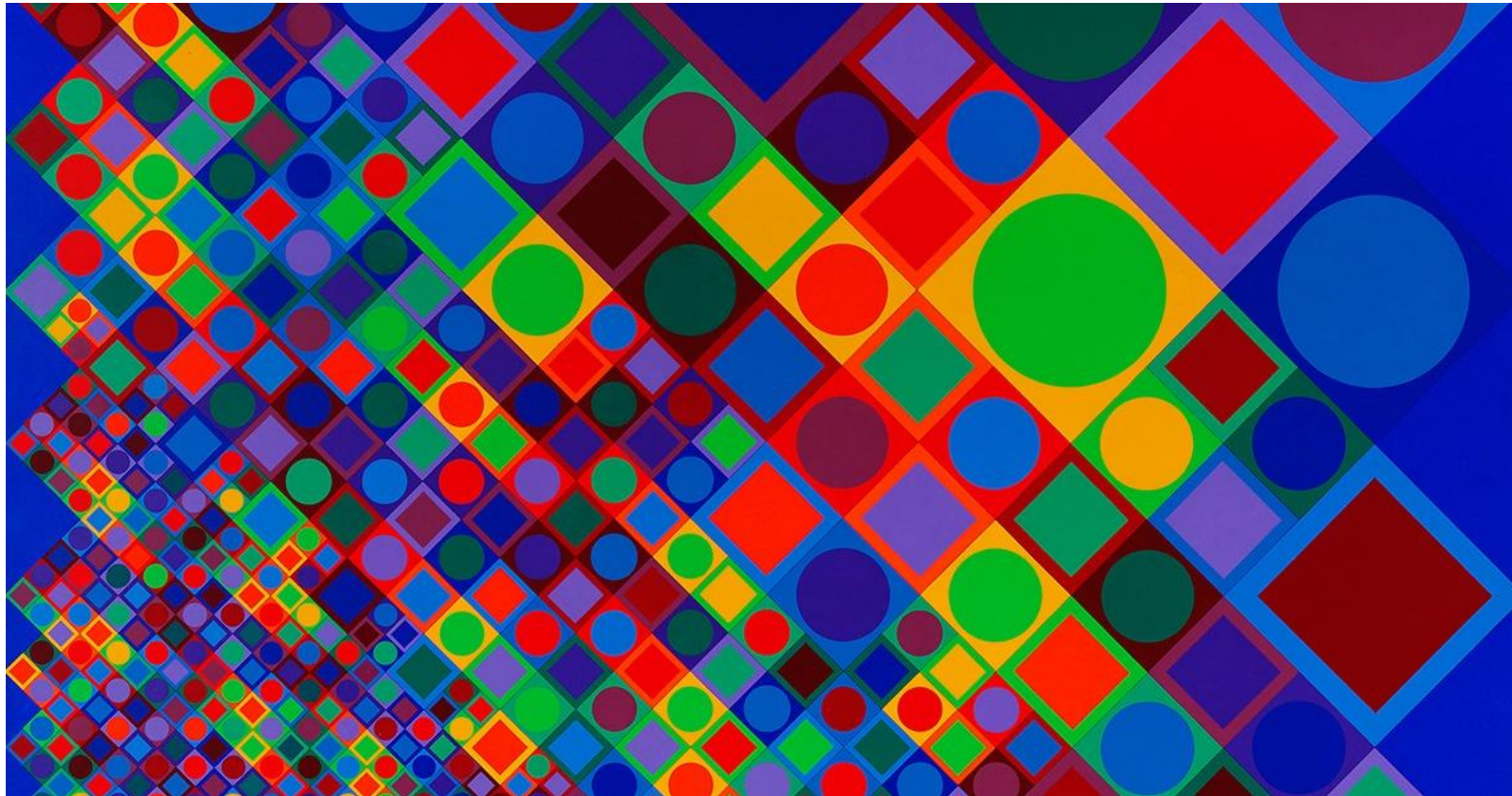
Improve your confidence.

Research suggests that there is a connection between confidence and motivation.



Remind

Remind yourself about what you have achieved in the past and where your strengths lie. This keeps self-doubt from limiting your motivation.



Insecurities

If there are things you feel insecure about, try working on making improvements in those areas so you feel more skilled and capable.





How self-motivated are you?

Are you motivated to achieve what you want in life? And how hard do you push yourself to get things done?

Wanting to do something and motivating yourself to actually do it are two different things.

So... what's the difference between those who never reach their goals and those who achieve one goal after another?

Often, it's their self-motivation.

Self- motivation

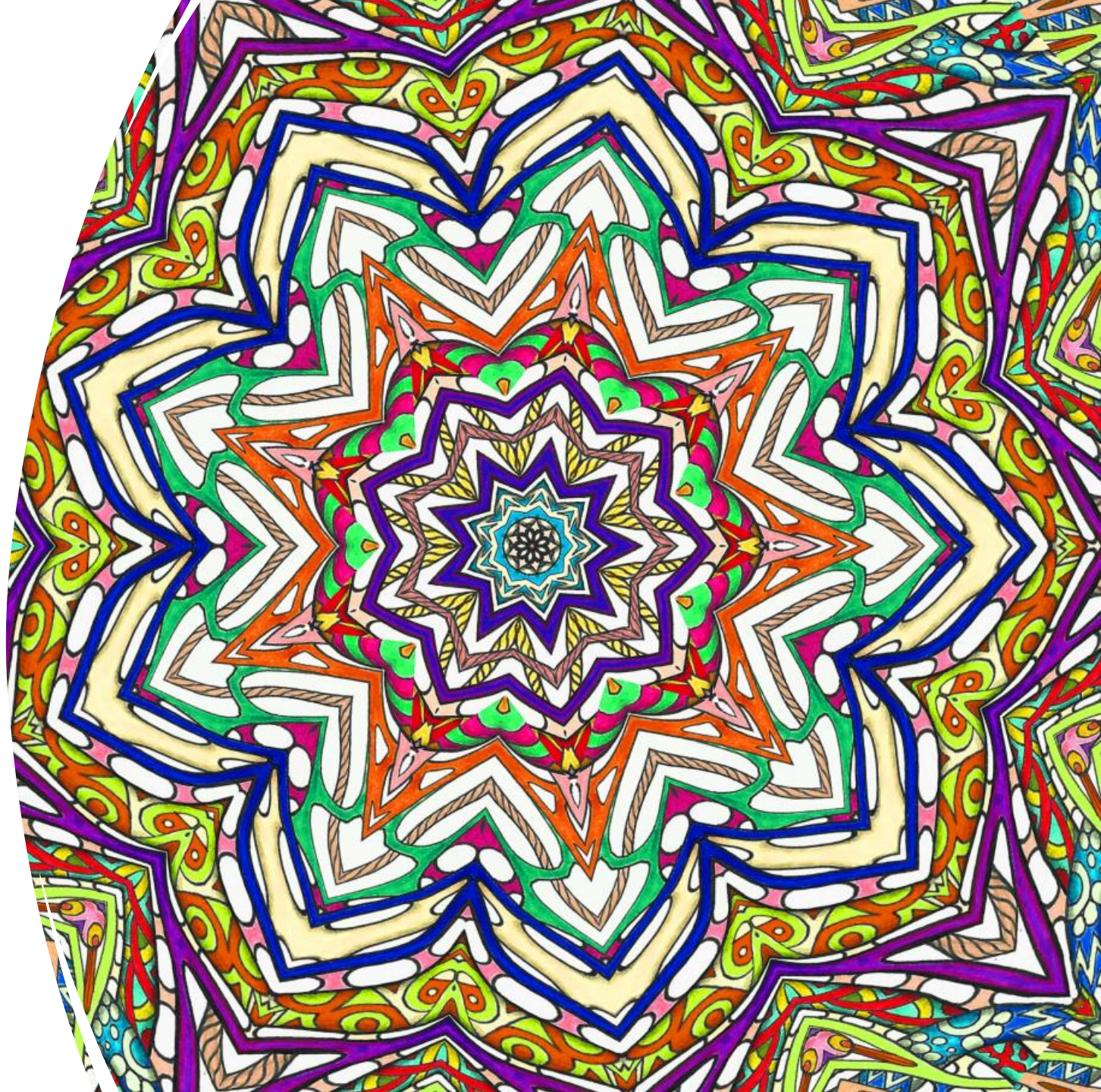
Self-motivation is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward.

Asking questions about your motivation can help you know where you are, and then form a plan to improve self-motivation so that you can achieve more in your life.



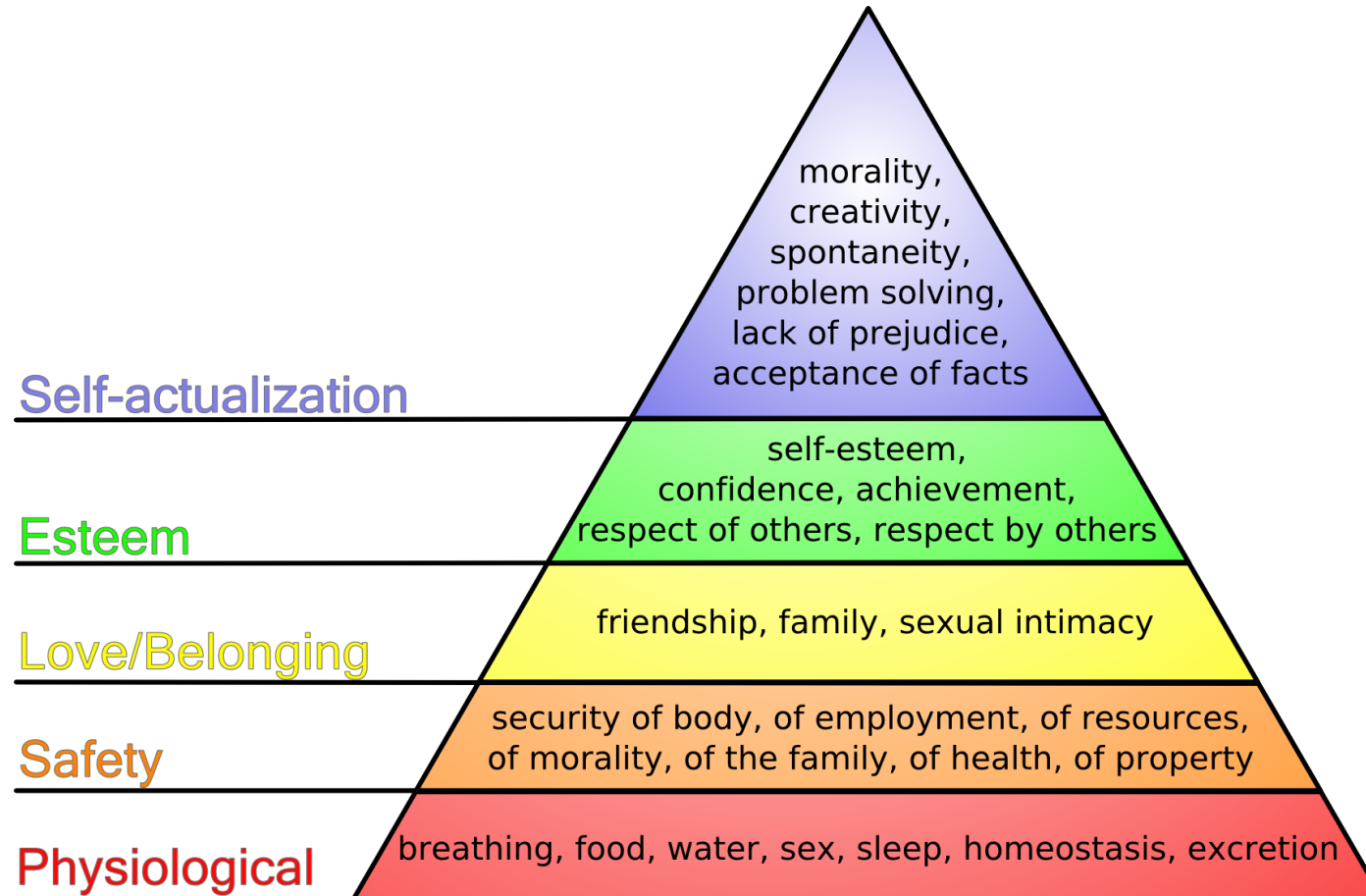
Self-motivation quiz

<https://www.mindtools.com/adosk97/how-self-motivated-are-you>





Does anyone know what this is?



Maslow's Hierarchy of Needs

Is a theory of motivation used to illustrate how effort and motivation interact in behavior.



Rewards

does providing the same reward every time keep people motivated?





Novelty

When we experience a reward that is better than predicted, the brain will prefer that experience in the future, so “keeping things fresh” is a good idea for sustaining motivation.