

# MOTIVATION



/ˌmōdəˈvāSH(ə)n/

noun

the reason or reasons one has for acting or behaving in a particular way.  
"escape can be a strong motivation for travel"

Similar: motive motivating force incentive stimulus stimulation inspiration

• the general desire or willingness of someone to do something.  
"keep staff up to date and maintain interest and motivation"

Similar: enthusiasm drive ambition initiative determination enterprise

Sometimes, we feel a lack of persistence, self-discipline, or courage in facing a task. You may ask yourself: “Is the payoff worth the effort?”. Good news! Typically, we are motivated by a reward that we may receive. Let’s learn about rewards and why we may not be so motivated. Strategies to help can be found at the end of this document!

## Rewards are either intrinsic or extrinsic:

- **Intrinsic**: thoughts or feelings within us. Examples include: feeling proud, satisfied, delighted, relieved, exhilarated, confident, encouraged, amazed, secure, intelligent, ambitious, intrigued, or pleasantly surprised. Intrinsic rewards are very powerful motivators as they are under our own control and they lead to increased self-esteem.
- **Extrinsic**: responses from the world around us. Examples include: being paid, winning a prize, achieving an award, graduating, taking a vacation, being voted MVP, etc.. Extrinsic rewards are also powerful motivators, as they make us feel valued and recognized by others. However, they are much less under our control (i.e. who is the competition? What factors will I be compared on? How many prizes will be given out?). Motivated people cultivate intrinsic reward systems – the prizes, money, etc. are a bonus!

## So, what might be contributing to your lack of motivation?

- **Ability**: You don’t believe in yourself and don’t think that you are capable of doing something. Therefore, you won’t feel like doing it.
- **Agency**: Motivation is gone because you feel you have no control of the outcome. No matter what you do = bad = low motivation.
- **Value**: If you don’t value it, you will not feel motivated by it. You can value something without being interested.
- **Interest**: Taking something you are not interested in leads to low motivation.

## Strategies to overcome lack of motivation:

- Make a promise to yourself and keep your word.
- Set a specific long-range goal and break it into smaller steps or mini-goals. Be clear in your intentions.
- Keep yourself accountable by telling someone and asking them to follow your progress.
- Keep a log or journal of your goals and achievements. You are holding yourself accountable by writing them down!
- Praise yourself!
- Begin with a small step and make a plan for the next step.
- Develop a routine.
- Think positively.
- Act like the person you want to become. Picture yourself being successful. Engage in positive self-talk!
- **BELIEVE** in yourself! Reflect on times that you've been motivated. Is there anything in common between then and now? Can you make a small change, so this situation is more like those times?
- Adopt a hero. Ask yourself "what would \_\_\_\_\_ be doing now?"
- Surround yourself with motivated people.
- Pay attention to your health. You need strength, energy, and enthusiasm to be motivated.
- Seek support from a trusted individual. Ask for help when you start to see a pattern of poor motivation, rather than waiting. A teacher, mentor, parent, friend, or counselor will try to encourage and support you.
- Use time management and organizational tools: term or monthly calendars, weekly schedules, to do lists, and prioritize!
- Start small. Try one of these strategies that appeals to you and give yourself time to develop it before starting new strategies. New habits take 21-30 days to "stick".
- Be sure to get a good night's rest, however, do NOT use sleep as an avoidance tactic.
- Make better choices (if you have the option). Be flexible!

