

How to Increase Motivation

WHAT IS MOTIVATION?

- A process that initiates, guides and maintains action.
- A reason for taking action or behaving a certain way.
- An inspiration for accomplishing something.

MOTIVATION FLUCTUATES.

It's important to recognise that motivation changes depending on what you value most and the situation. You have the power to change the expectation you put on yourself and how you feel about the tasks at hand – in order to increase motivation. Past experiences, beliefs and even your culture influence your motivation. There are two types of motivation: intrinsic and extrinsic.

WHAT DOES MOTIVATION LOOK LIKE?

When you have low motivation you feel stuck and sometimes frustrated with what life has dealt you. You're usually not working towards a life you love, but instead might complain about the life you have. With low motivation you tend to think your weaknesses define who you are, rather than realise that you can grow and learn.

When you have high motivation you make choices and take action to create what you want in life. For instance, if you wanted to work in a certain industry you would seek out the resources and gain the knowledge you needed to get a job in that industry. With high motivation you tend to have a natural interest in what you do; and if the natural interest isn't there to begin with you create one to keep yourself motivated. You seek out ways to build your weaknesses into strengths and are eager to move through setbacks and failures – you see these as ideal learning curves. And with high motivation you recognise that your actions make positive changes... so keep moving forward.

HOW TO INCREASE MOTIVATION

The below steps can be used to increase motivation whether you are achieving a large or small goal from achieving a corporate job to completing a quilt.

Step 1. Go through the values worksheet.

Step 2. Become aware of your thoughts with Thought Awareness or Journalling.

Step 3. Know your goal in detail.

What do you really want to achieve?

What value will completing this goal add to your life?

What would happen if you don't achieve this goal?

When do you see this goal as completed? Is this possible?

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How will achieving this goal positively change your life and lifestyle?

Does this goal align with your top values? how? why?

What actions and thoughts could you change to help you be more motivated towards achieving?

How do you feel about your goal? How can you generate more positive emotions towards your goal?

Write down 3 ways you can get more passionate about achieving this goal.