



Self
Motivation
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Self Motivation

- **What is motivation?**
- **What is self motivation ?**
- **Self Motivation Skills**
- **Maintaining Self Motivation**

Motivation is what pushes us to achieve our goals, feel more fulfilled and improve overall quality of life.

(a generic definition of motivation)



What is motivation ?

- **Personal drive** to achieve, the desire to improve or to meet certain standards;
- **Commitment** to personal or organizational goals
- **Initiative**, which he defined as ‘readiness to act on opportunities’
- **Optimism**, the ability to keep going and pursue goals in the face of setbacks.

What is motivation ?

- Intrinsic: To perform an action or task based on the expected or perceived satisfaction of performing the action or task. Intrinsic motivators include having fun, being interested and personal challenge.
- Extrinsic: To perform an action or task in order to attain some sort of reward, including money, power and good marks or grades.

What is Self Motivation ?

- Ability to do what needs to be done, without influence from other people or situations.
- People with self motivation can find a reason and strength to complete a task, even when challenging, without giving up or needing another to encourage them.
- The ability to understand the real gain of achieving a goal and then seeing it through

- Setting high but realistic goals. (use SMART Objectives)
- Taking the right level of risk. (use Risk Management)
- Seeking constant feedback to work out how to improve yourself.
- Being committed to personal or organizational goals and going the 'extra mile' to achieve them.
- Actively seeking out opportunities and seizing them when they occur.
- Being able to deal with setbacks and continue to pursue goals despite obstacles.

- Read, study and talk to people – knowledge and information are key for feeding your mind and keeping you curious and motivated.
- Try to avoid negative people and seek out positive, well-motivated people. It is a lot easier to be motivated if the people around you are.
- Keep a positive attitude, see problems and set-backs as learning opportunities
- Know Your Strengths and Weaknesses
- Take action and learn from the outcome
- Ask for help and help others

THANK YOU!

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