

Understanding Motivation

"The desire to act in service of a goal."

Where does it come from?

Extrinsic motivation:

Arises from outside oneself, and often involves external rewards for doing an activity.

Intrinsic motivation:

Arises from within oneself, and is based on the inherent satisfaction that comes from doing an activity .

Why is it important?

- drives you to take action
- allows you to work toward goals
- encourages positive behaviors
- increases your sense of control
- improves your overall well-being

How do I get more of it?

- choose goals that are personally meaningful for you
- frame goals as something to be gained, not avoided
- take doable and realistic steps towards your goal
- change your definition of progress
- improve confidence in yourself and your skills
- be willing to confront uncomfortable truths
- remind yourself of past successes
- practice self-compassion
- DO NOT prescribe to all-or-nothing thinking, quick fixes, or a one-size-fits-all approach.

How does it work?

Three elements are required to get and keep motivation:

- Activation: The decision to initiate behavior to pursue a goal
- Persistence: The continued effort towards a goal, despite obstacles
- Intensity: The level of effort that goes into the pursuit of a goal.