

Motivation Mojo

Motivation: a force that drives a person to satisfy a specific personal need.

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.

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.

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.
- Change your definition of progress.
- Take small, doable and realistic steps towards your goal.
- 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.