

# 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 .

*Research on motivation tells us that extrinsic motivation may be helpful for giving us a "jump start", but intrinsic motivation is necessary for sustained effort.*

## 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 and happiness.

## How do I get more of it?

- Choose goals that are personally meaningful for you - this will ensure you have intrinsic motivation to work towards your goals.
- Frame goals as something to be gained, not avoided - this creates a a more positive and empowered mindset that fuels motivation.
- Change your definition of progress. Progress can mean whatever you want it to, so be creative and flexible with it.
- Take small, doable and realistic steps towards your goal. This makes your goal feel achievable without feeling overwhelmed.
- Be willing to confront uncomfortable truths. When you feel low on motivation, allow yourself to sit with the discomfort and negative self-talk. Being able to acknowledge difficult moments is part of the process.
- Remind yourself of past successes. This keeps self-doubt from limiting your motivation.
- Confidence fuels motivation. Practice whatever skills are needed to meet your goals so that you have the confidence to do them.
- Practice self-compassion. Contrary to popular belief, being kind to yourself when you make mistakes or have setbacks is the best way to recover from them.
- Do not engage in all-or-nothing thinking, quick fixes or a one-size-fits-all approach. These are surefire ways to kill motivation.

## How does it work?

### Three elements are required to get and keep motivation:

- **Activation:** This refers to the initiation or start of a behavior. It involves the decision-making process that prompts us to take action.
- **Persistence:** Persistence relates to the continued effort towards a goal despite obstacles, difficulties, or challenges. It's about maintaining momentum and staying committed over time. This element is crucial because it determines whether we continue pursuing our goals even when faced with setbacks.
- **Intensity:** Intensity refers to the concentration and vigor put into pursuing a goal. It reflects how much energy and focus we devote to achieving something. It is normal for intensity to ebb and flow over time.