



# MOTIVATION

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# WHAT is Motivation?

Motivation is an **internal process**. The term motivation **describes why a person does something**. It is the driving force behind human actions. Motivation is the **process that initiates, guides, and maintains goal-oriented behaviors**.

The essence of motivation is **energized and persistent goal-directed behavior**. When we are motivated, **we move and take action**. Motivation is **influenced by the satisfaction of needs** that are either necessary for sustaining life or essential for wellbeing and growth.

# WHY Motivation is Important?

Motivation serves as a guiding force for all human behavior. So, understanding how motivation works and the factors that may impact it can be important for several reasons. **Understanding motivation can:**

- **Increase your efficiency** as you work toward your goals.
- **Drive you** to take action.
- **Encourage you** to engage in health-oriented behaviors.
- **Help you avoid** unhealthy or maladaptive behaviors, such as risk-taking and addiction.
- **Help you feel** more in control of your life.
- **Improve your** overall well-being and happiness.

# TYPE of Motivation

The **two main types of motivation** are frequently described as being either extrinsic or intrinsic.

- **Extrinsic motivation** arises from outside of the individual and often involves external rewards such as trophies, money, social recognition, or praise.
- **Intrinsic motivation** is internal and arises from within the individual, such as doing a complicated crossword puzzle purely for the gratification of solving a problem.

# COMPONENTS of Motivation

These different elements or components are needed to get and stay motivated.  
**Researchers have identified three major components of motivation:**

- **Activation** is the decision to initiate a behavior.
- **Persistence** is the continued effort toward a goal even though obstacles may exist.
- **Intensity** is the concentration and vigor that goes into pursuing a goal.

# CAUSE Of Low Motivation

There are a few things you should watch for that might hurt or inhibit your motivation levels. These include:

- **All-or-nothing thinking**

If you think that you must be absolutely perfect when trying to reach your goal or there is no point in trying, one small slip-up or relapse can zap your motivation to keep pushing forward.

- **Believing in quick fixes**

It's easy to feel unmotivated if you can't reach your goal immediately but reaching goals often takes time.

- **Thinking that one size fits all**

Just because an approach or method worked for someone else does not mean that it will work for you. If you don't feel motivated to pursue your goals, look for other things that will work better for you.

# TIPS for Improving Motivation

If you're feeling low on motivation, there are **steps you can take to help increase your drive:**

- **Adjust your goals** to focus on things that really matter to you. Focusing on things that are highly important to you will help push you through your challenges more than goals based on things that are low in importance.
- If you're tackling something that feels too big or too overwhelming, **break it up into smaller, more manageable steps**. Then, set your sights on achieving only the first step.
- **Improve your confidence**. Gaining more confidence in yourself and your skills can impact your ability to achieve your goals.
- **Remind yourself about what you've achieved** in the past and where your strengths lie. This helps keep self-doubts from limiting your motivation.
- **Try working on making improvements** in those areas so you feel more skilled and capable.



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