

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 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.

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
- fake it until you make it
- play devil's advocate
- manage your to-do lists
- make it more enjoyable
- practice self-compassion