Motivation

Motivation is the feeling, emotion, or desire that moves a person to take action. It helps people to make changes, learn something new, perform better, overcome procrastination, and persevere towards goals.

There are two types of motivation:
- **Intrinsic** - the most powerful of the two, as it comes from within you. It is your driving force that helps you achieve your goals.
- **Extrinsic** - inspired by other people’s expectations or goals.

To build intrinsic motivation, consider:
- **Positive self-talk** is also important in maintaining motivation. It focuses on positive qualities, words of encouragement, and statements that reflect a high self-esteem and your belief in your abilities to achieve.
- It includes statements such as “I can do this!” and “I have the intelligence and skills to do well!”
- Positive self-talk also includes catching negative thoughts when they occur and turning them into positive thoughts. To help practice positive self-talk, find or create an affirmation that you like.
- **Affirmations** are positive statements used as motivators. Examples include, “I complete my written work on time,” “I am a non-smoker,” and “I am successful in whatever I do.”

Other ideas to help build and maintain motivation:
- **Manage your environment.** Create a space to work that inspires you, and surround yourself with people who bring out your best.
- **Manage your thoughts.** Use visualization techniques, thought restructuring, and affirmations to keep you thinking positively.
- **Set goals.** Make both short-term and long-term, and remind yourself of them often.
- **Maintain a healthy lifestyle.** Exercise regularly, get plenty of sleep, and eat right.
- **Make commitments.** Making commitments to yourself and others arranges positive and negative consequences for your actions.
- **Monitor your behavior.** Keep records of your progress.
- **Manage stress.** Practice relaxation techniques, reduce stress in your environment, and plan ahead to stay calm and productive.

Try creating your own affirmation:
- Use positive words and tones
- Write in the present tense
- Write with certainty and conviction
- Keep it short and simple

Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.

–Denis Waitley