

MOTIVATION

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Motivation

Inspired by Positive Psychology & the work of Martin Seligman



In psychology, motivation refers to everything that drives an individual to act. This concept is closely associated with willpower. Motivation is the will to continue trying until the set objective has been reached.

Motivation implies the existence of a need to reach a goal. When a person is motivated by something, they believe that what motivates them is necessary or appropriate. Therefore, motivation allows them to take action to meet this need.

De-motivation is quite the opposite. It refers to a feeling of despair or anxiety in the face of obstacles. This feeling is expressed as a lack of enthusiasm and energy, which often results in inactivity.

De-motivation is characterized by the overwhelming feeling one gets after generalizing bad experiences and doubting one's ability to achieve desired goals. De-motivation can be detrimental if it becomes recurrent in a person's life, and it can even affect one's health.

Exercise - Awareness of Daily Motivation

As you go through your day, take some time to pause here and there and take note of things that motivate you. For example, what factors influenced you to act throughout the day? Taking note of this can help you become aware of what motivates you.

Several times a day, take a break from what you're doing to answer the three questions below:

What am I doing?

Why am I doing it?

How do I feel right now about the activity I am doing?

Motivation vs. Discipline

Inspired by Positive Psychology & the work of Martin Seligman



What currently matters most to me?

Write down the habits, goals, or areas of your life that are important to you right now:

Where am I waiting to 'feel motivated' before I act?

Reflect on something you've been delaying because you don't feel ready or motivated:

What is one small step I can take today?

Choose a step that takes less than 10 minutes and feels doable:

What does discipline look like when it is gentle and loving?

Describe how discipline can feel supportive, not punishing:

How will I know I'm pushing too hard?

List signals of burnout or emotional exhaustion that you want to be mindful of:

A promise to myself:

Write a gentle commitment to show up for yourself consistently, even in small ways:
