

Factors for Finding Motivation

Motivation is having the desire and inner willingness to take action to start and complete a task for successful achievement.

Motivation can be found either within yourself or other outside factors that can influence your motivation. For example: your parent, teacher, family member, celebrity or someone does something or makes a statement that makes you want to go for it. If someone says a motivating statement such as, "You have to compete like a warrior or gladiator to win this battle," then that person will make you think like a warrior or a gladiator in order to compete fearlessly.

Another different form of motivation is inner motivation known as self-motivation. This motivation comes from you and you only. You have your very own reason for wanting to achieve or be good and great at something. You take action when you know you have to, you visualize what the outcome looks like, you overcome your fears and take steps to be the best that you can be and most importantly, you have a feeling of determination to get through it.

Motivation is an element for success and having motivation means that you're more than likely to start with trying to succeed at something versus not having any motivation to try to succeed. Motivation can be carried within your studies, your personal life and also your career. There are a list of facts as to what drives motivation and below is how we're going to find out.

Follow the graph and try to put your mindset in the seat of the graph.



Having motivation first and foremost has to come from you. You must first want or have a desire for something because if the motivating factors are outside of you, then you're more likely to lose motivation easier rather than if the motivation was coming from you. When you have acquired inward motivation and you have the desire to want to achieve then factors of motivation can be used as determinants for achieving success. Some of the factors within the graph: **satisfaction, passion, drive and ambition** are the things that we're going to dive into to help you find your motivation.

Activity:

Below are key factors that we're going to dive into to help find your keys to your motivation. The directions are simple which is think of things that go under each section and that give you reasoning for being who you are. So for example: if you like playing sports and you know every detail, then you must be **passionate** about it. If you like how studying hard makes you feel happy then you must find **satisfaction**. If you have an urge or desire to do a certain task, then you must have a **drive**. If you're excited to be the best at something then you have an **ambition**.

Note: If you have low levels of motivation, then finding some of these keys to having high motivation is going to present a challenge but don't worry, we're going to find something today.

Write down some things that give you energy (excluding Social media) and experience how they make you feel.

What sparks a fire within you? (Ambition)

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What makes you happy? (Satisfaction)

What's an area that you feel most knowledgeable about? (Passion)

What's something that gives you an urge to do and succeed at? (Drive)

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Putting it all Together

So now that we've discovered all the factors that are associated with motivation, now its time to start putting it into the motivational tank. Hopefully you've written down a few valuables that can be used to spark you inner motivation.

Now the next step is to put it all together through the funneling process and coming through your why and establishing your conviction. Take one thing from each section and make it into a line of motivation. So for example, the sentence below can be a temporary template used to help you identify your keys to motivation.

"I am quite _____ about _____ because _____
so that's why I feel motivated."

Examples are:

I am quite **passionate** about sports because I find satisfaction with learning and competing in the nature of competition so that's why I feel motivated to be good in sports.

I am quite **driven** about my learning because my parents worked hard in school to provide for the family so that's why I feel motivated.

I am **happy** with my teacher because she helps me to become a better student everyday so that's why I feel motivated about learning.

Note: **The more you practice then you are more likely to find motivation and confidence.**

Give it a try...

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Practice/Exercise:

I am quite _____

I am really _____

I am highly _____

I am _____

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I am most _____

Conclusion:

So now that we've discovered how to put our ideas together to create motivation, now its time to start finding reasons and factors that help you towards experiencing success within yourself, to those around you and for your path of success at whatever level you make it to. Remember, having **high** levels of motivation will start with helping you to be successful while having *low* levels of motivation will take away some of your ambitions, drives, happiness and passion. I believe you can achieve what you want but the question is how motivated are you? Only you can discover what motivates you in the first place...

Thank you

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