The Art of Self Motivation

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Al Rayan International School

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Webinar Series

1. **Dealing with Change and Uncertainty**
2. **Managing Fear and Anxiety**
3. **The Art of Self Motivation**
4. **The Power of Grit: Passion and Perseverance**
5. **Finding your Purpose.**

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Outline

1. What is Self Motivation?
2. Sources of Self Motivation
3. The 4 C's of Self Motivation
4. Self Motivating tips
5. Benefits of Self Motivation
6. Reflection Corner

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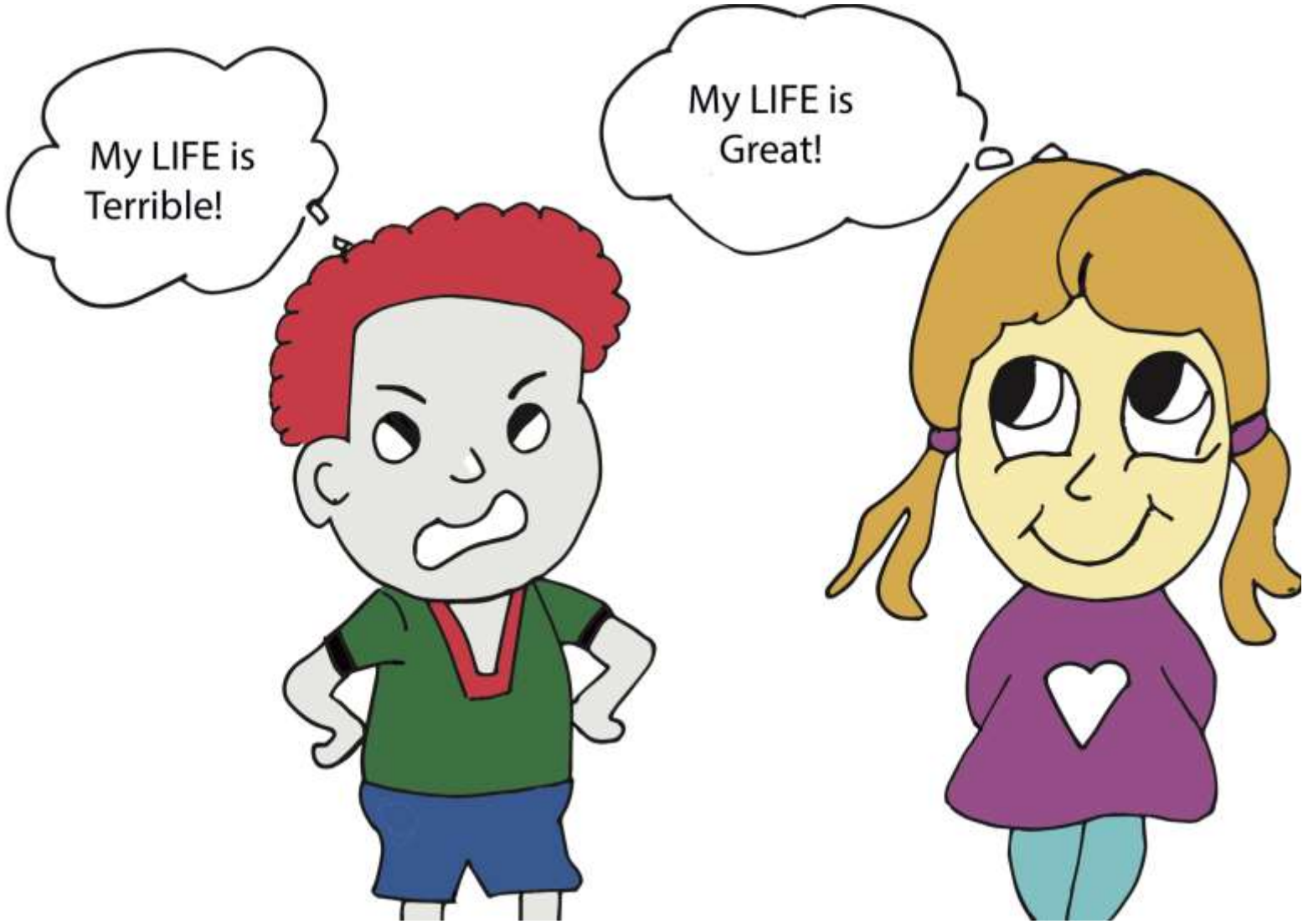
Being motivated makes you influential
Motivation is about pursuing personal goals
Motivation is the POWER you use to do these things!
What inspires you to face the day ?
Why do you get up in the morning?



How motivated are you to change?

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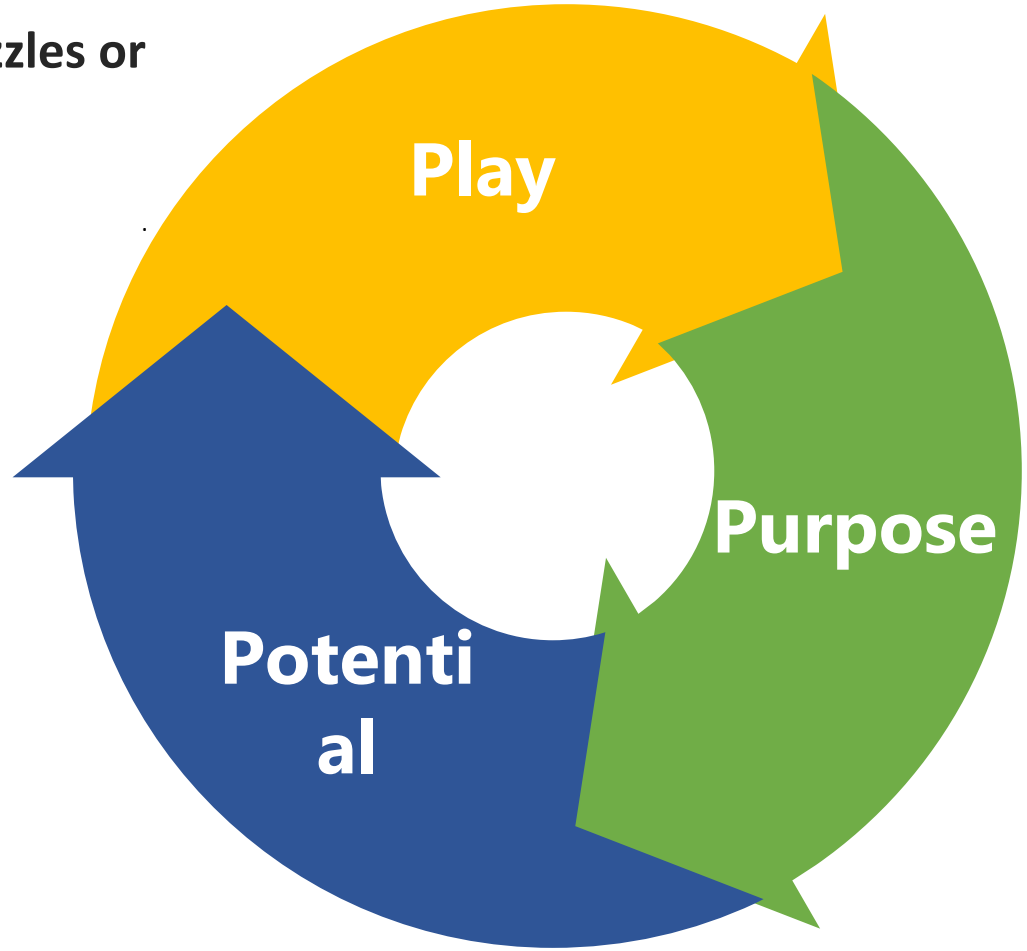
3 Categories Motivation

Dosh and McGregor

Play

- You take this action because it is fun to do so (hobbies, puzzles or listening to music)



Play is powerful motivator as the more you see your work as play the better you perform

Potential

- Value in direct outcomes of an activity
- Fulfilling long term goal

Purpose

- You value the outcome and the impact of your actions
- But process may not be enjoyable

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FREEDOM

- We all want this
- Without this we will never be able to release our potential

FEAR

- Feeling burdened
- Stops you being FREE
- Slave to the wants of others

Sources of Self Motivation

INTRINSIC MOTIVATION

- Curiosity and Autonomy
- Confidence and self love
- Desire to learn

EXTRINSIC MOTIVATION

- Rewards
- Praise and Recognition
- Creates Pressure

Reward vs. punishment, intrinsic vs. extrinsic—these are the general strokes of motivation.

The Psychology of Self Motivation

Scott Geller

The Four C's of Self Motivation

The decision to take an action towards one's aim and goals comes from within

Choice

A supportive environment is the one that encourages individuals to go for gold

Community

Motivation is fuelled by success and this leads to confidence

Competence

The outcome of our actions (good / bad) will either motivate us or not

Consequence

Why do we lose motivation?

LACK OF CONFIDENCE

LACK OF DIRECTION

LACK OF FOCUS

NEGATIVE THINKING

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Self Motivating Tips

Set high but realistic goals

Be committed to set goals

Be resilient

Positive mindset and attitude

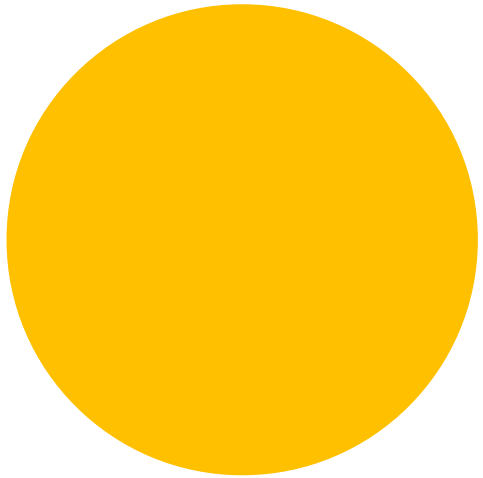
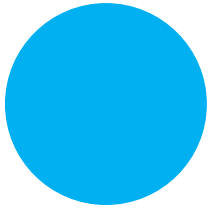
Get direction

Self Motivating Tips

Benefits of Self Motivation

- Makes you happier
- Makes you more productive
- Builds your confidence

Reflection Corner

Thank you

Questions and Discussions

Dr Funke's Books

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LOVE YOUR AUTHENTIC SELF

IMPROVING YOUR THINKING

TAKE CONTROL OF YOUR TOMORROW

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Next Webinar

The Power of Grit: Passion and Perseverance

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