



BCHWF

Motivation



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What is Motivation

Motivation is a reason for actions, willingness, and goals.

Motivation is derived from the word motive, or a need that requires satisfaction.

These needs, wants or desires may be acquired through influence of culture, society, lifestyle, or may be generally innate

Types of Motivation

- **Extrinsic.** Doing an activity to attain or avoid a separate outcome. Eg Cleaning to avoid making your partner angry, Playing cards to win money.
- **Intrinsic.** An internal **drive** for success or sense of purpose eg Cleaning because you enjoy a tidy space , Playing cards because you enjoy the challenge.
- **Family.** Motivated by the desire to provide for your loved ones.



Types of Motivation



- **Achievement Motivation:** It is the drive to pursue and attain goals
- **Affiliation Motivation:** It is a drive to relate to people on a social basis
- **Competence Motivation :** Drive to engage in activities to develop or demonstrate your skills.
- **Power Motivation:** Desire to have impact on other people, to affect their behaviour or emotions.

Types of Motivation

- **Attitude Motivation:** The practice of motivating people by influencing their thoughts and behaviours.
- **Incentive Motivation :** The theory of motivation suggesting that people are motivated by a drive for incentives and reinforcement
- **Fear Motivation :** The internal process of moving yourself away from what you don't want. move away from that discomfort toward your comfort zone



Motivational tips for Self-Improvement

- Keep a note of all your accomplishments
- Make friends with Like minded people
- Set goals that allow you to see frequent progress.
- Always spend some of your time learning something new
- Earn enough to live comfortably.
- Enjoyment and passion of a hobby / interest



Motivational tips for Self-Improvement

- Write it down as an affirmation
- Meditate and visualize
- Take care of yourself., exercise and a good diet
- Read **motivational** and **inspirational** books



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For further information, or queries please email

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