

Understanding My Motivations

Motivation differs from person to person and can vary from one day to the next.

Understanding your own motivation is key to being motivated and staying motivated.

This understanding will also allow you to channel your thoughts, behaviours and motivations to lead to success and positivity in your life.

You will experience two different forms of motivation in life; intrinsic motivation and extrinsic motivation. Both of these motivations happen commonly within human nature and are normal and good. The key to using them successfully for your own gain is through understanding them. The amount to which someone is intrinsically and extrinsically motivated is dependent on them as an individual, their personality and their life experience.

Intrinsic motivation is when you choose to do something for a personal reward. Examples of this include eating healthily because it helps you to feel strong and happy or socialising because it makes you feel relaxed and happy.

Extrinsic motivation is when you feel encouraged to do something because of an external reward. Examples of this would be eating healthily to look slimmer and achieve a certificate for the weight loss or socialising to ensure you are seen positively by others.

It is important to remember that both forms of motivation can be positive and useful. But in order to have control over how you use them, you need to understand the different ways you are motivated. Through this understanding, you may also consider embracing the alternative motivation strategy. For example, if you are eating healthily to be slimmer and to achieve a certificate, you might also begin to notice and recognise that your body feels stronger. This recognition can allow you to have both intrinsic motivation and extrinsic motivation around healthy eating.

Think about the different tasks you complete, either in your personal life or within work. Note them down in the table and think about whether you are intrinsically or extrinsically motivated to complete each task or role. Next, spend some time considering whether you could apply the alternative motivation strategy to enhance your feelings of motivation. The final column in the table is for you to reflect on the process and how it impacted completing tasks or performing roles.

My Motivations:

Tasks	Current Motivation (Intrinsic or Extrinsic)	Examples of It Being This Type of Motivation	Ways in Which I Could Embrace the Alternative Motivation Strategy	Reflection after Trying the Alternative Motivation Strategy
e.g. exercising	Extrinsic	I feel slimmer, people tell me I look slimmer and I achieve personal best goals.	Focus on how exercising impacts me beyond how I look and what others think.	I can recognise that exercising makes me feel calmer, it helps me process thoughts and it makes me feel physically and emotionally strong. I can use this to motivate me on days when I might not feel positive and know it can help me.
e.g. supporting others at work	Intrinsic	I feel positive about my own impact, confident that others will see me positively and they will feel supported by myself.	Focus on rewards or recognition at work for being positive. Celebrate these comments or awards and display these or read them regularly.	I can recognise that celebrating the act of supporting others through external rewards is beneficial on days when I might be feeling low myself and not feel emotionally able to support others.