

ELSA Newsletter



A reason or reasons for acting or behaving in a particular way.

So what is motivation? It's a feeling that we have that makes us want to give things or a go or complete things. Motivation is the feeling you get when you start a piece of work that you really understand and you think to yourself "I'm going to work right up until the end of the lesson and complete this piece of work". Once you've completed it you feel really good about yourself and you're ready to go with the same attitude for the next piece of work.

Motivation is really important because it's a survival tool, it pushes us to do things that will help us survive, thrive and achieve things in our lives.

However, there are always things in our lives that we need to do but just don't feel motivated enough to do it. This could be because you don't see the point in doing it because you can't see how it will be a benefit to you or help you in anyway.

The difficult thing with motivation is that we all have different things that motivate us and sometimes the things that we are not motivated enough to do could be the things that result in us getting further in life or becoming stronger as a person.

For example; you may not see the point in studying Shakespeare or learning algebra because "When am I going to need that in real life?" but, if you think to yourself "Although I don't like doing this it's something that I need to do in order to get a good grade in my GCSE so that I can go to college and then get a good job and earn lots of money" it makes you realise that it's something you need to get through.

Motivation is all about setting yourself achievable and small goals, don't make the goals too big as otherwise you will feel bad that you're not achieving them quickly which will leave you feeling demotivated.

If you have a piece of work that you are really struggling with break it up in to small pieces to make it easier to achieve. Sometimes it a good idea to write the steps down so that you can mark them off once you have completed it, this way you can see how far you are from your end goal and congratulate yourself when you complete each step.

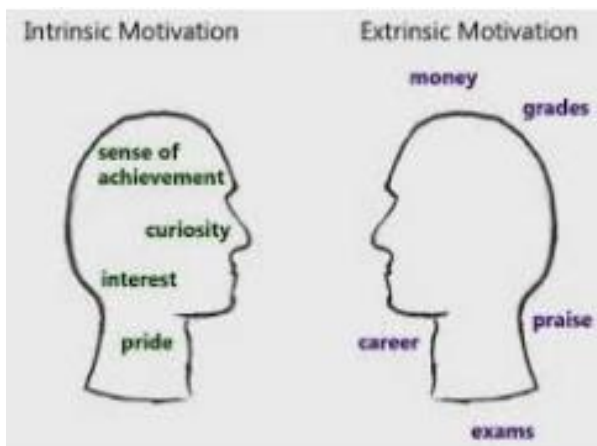
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The key to motivation is working out what motivates you. We try and teach motivation very early on in childhood by offering a reward to a child for achieving a certain activity or skill for example; “if you clean your teeth everyday this week you can choose a sticker for your sticker chart”.



This is what we call an extrinsic reward and as much as stickers are lovely when we become older we need a little bit more than this to keep us motivated.

The thing that we have to look for are the intrinsic motivators, these are the feelings we have inside which keep us motivated.



The example above is looking at the things that motivates this person to complete their school work. The extrinsic motivators are eventually earning money (or they may be promised an allowance if they work hard), getting good grades, working towards a career, receiving praise and working towards exams.

The intrinsic motivators are having a sense of achievement, being curious about the work they are doing, feeling pride for what they are achieving and having an interest in the work they are completing.

Extrinsic motivators are a lot easier to work out than intrinsic motivators so how do we find what works for us?

Think about the one thing that you love to do, what feeling do you get when you are doing it? For example, if you love playing computer games how do you feeling inside? Excitement, happiness, feel like you're actually doing something that you good at? These are the things that are keeping you motivated to continue playing the game. You need to try and transfer these feelings in to other things that you do which is done through positive thinking. For example; when you feel that you can't be bothered to do something think about that happiness that you feel when you have achieved something. Say to yourself “I don't want to do this but I know I have the ability to do it and I know I'll feel good once I've finished it”.

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Another really important part to staying motivated is being kind to yourself. It's so difficult to get something done or even start a task if you're constantly telling yourself that you can't do it or that you're useless. You need to believe in yourself and believe that you are going to reach your end goal no matter how tough it seems.

Tips to Increase Motivation!

1. Visualize the prize

Think of how things would look differently if you suddenly had all the motivation in the world. There would probably be a lot of positive effects! Every time you start to feel unmotivated, try to refocus on all the good things that will happen when you reach your goal. It might help to draw a picture of it or write it down.

2. Write down positive statements

It can be easy to feel like giving up when you're working really hard towards a goal. What are some positive things you can say to yourself to help you refocus? Write these statements down, and put them somewhere you can see it every day!

3. Take small steps

Motivating yourself can be hard if your goal seems so big and so far away! Rather than looking at how much work you have left to do, break it down into smaller steps. Every day set a new goal for yourself that will bring you closer to your big goal. Remember to 'pat yourself on the back' whenever you make any progress!

4. Make it a challenge

Challenges and competition are things that can get us excited and energized. Is there a way you can challenge yourself in reaching your goal? Maybe there's a friend or family member who has a similar goal. You can turn it into a fun and healthy competition. Remember, whenever people are working towards a goal, there are never any losers - just winners!

5. Reward yourself

Finding a way to reward yourself can help keep you motivated. Every time you reach a small or big goal, find a way to give yourself a prize. It doesn't have to be anything big or cost a lot of money. Talk to your parents and see if you can think of fun rewards for the progress you make towards your goals.

