

Self Motivation at Work

Self-motivation is a power that drives us to keep moving ahead. It encourages continuous learning and success, whatever be the scenario. Self-motivation is a primary means of realizing our goals and progressing. It is basically related to our inventiveness in setting dynamic goals for ourselves, and our faith that we possess the required skills and competencies for achieving those challenging goals. We often feel the need for self-motivation.

Following are the **ways/techniques for self-motivation**:

- ✓ **Communicate and talk to get motivated:** Communicating with someone can boost up your energy and make you go on track. Talk with optimistic and motivated individuals. They can be your colleagues, friends, wife, or any one with whom you can share your ideas.
- ✓ **Remain optimistic:** When facing hurdles; we always make efforts to find how to overcome them. Also, one should understand the good in bad.
- ✓ **Discover your interest area:** If you lack interest in current task, you should not proceed and continue with it. If an individual has no interest in the task, but if it is essential to perform, he should correlate it with a bigger ultimate goal.
- ✓ **Self-acknowledgement:** One should know when his motivation level is saturated and he feels like on top of the world. There will be a blueprint that once an individual acknowledge, he can proceed with his job and can grow.
- ✓ **Monitor and record your success:** Maintain a success bar for the assignments you are currently working on. When you observe any progress, you will obviously want to foster it.
- ✓ **Uplift energy level:** Energy is very essential for self-motivation. Do regular exercises. Have proper sleep. Have tea/coffee during breaks to refresh you.
- ✓ **Assist, support and motivate others:** Discuss and share your views and ideas with your friends and peers and assist them in getting motivated. When we observe others performing good, it will keep us motivated too. Invite feedback from others on your achievements.
- ✓ **Encourage learning:** Always encourage learning. Read and grasp the logic and jist of the reading. Learning makes an individual more confident in commencing new assignments.
- ✓ **Break your bigger goals into smaller goals:** Set a short time deadline for each smaller goal so as to achieve bigger goal on time.