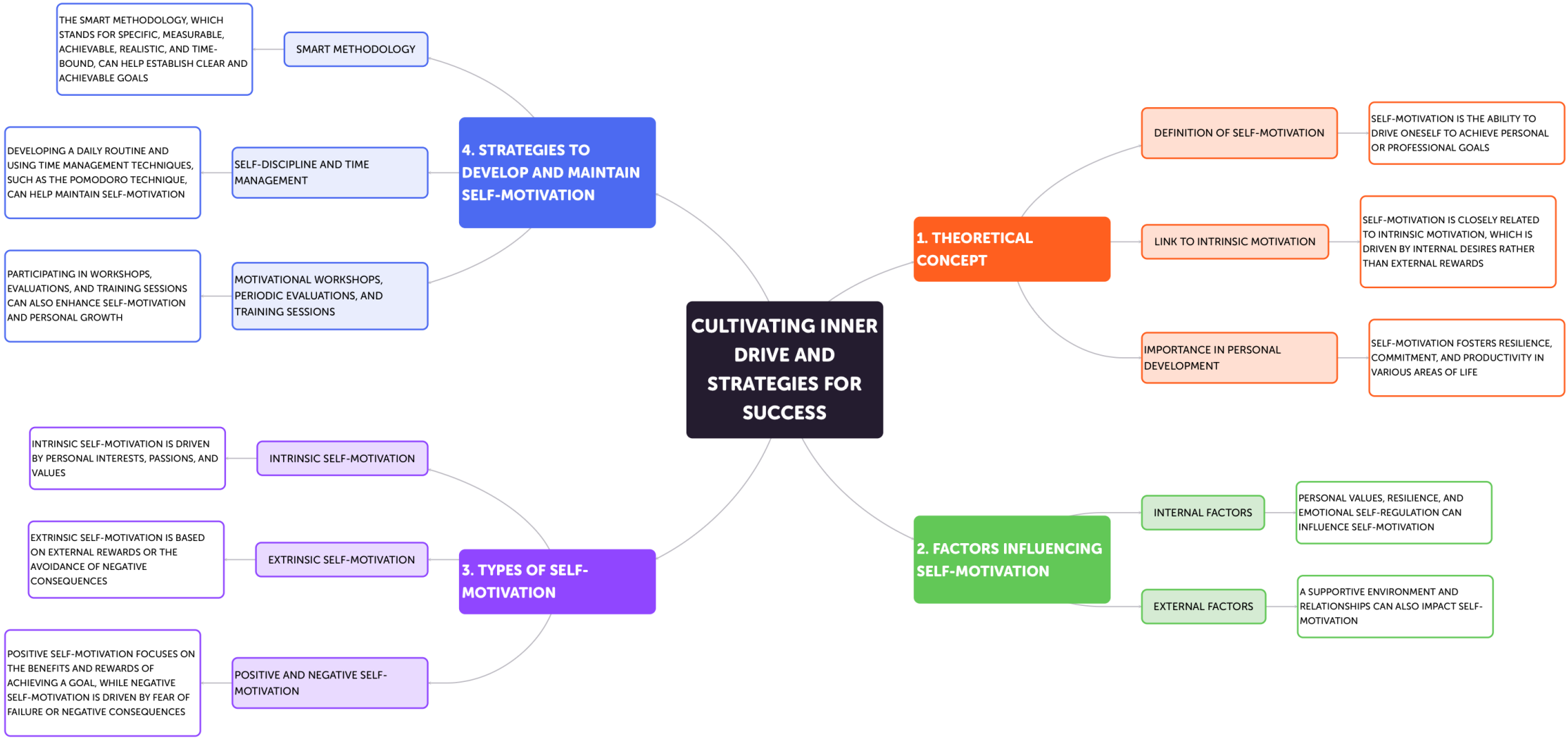
CULTIVATING INNER DRIVE AND STRATEGIES FOR SUCCESS
1. THEORETICAL CONCEPT
DEFINITION OF SELF-MOTIVATION
SELF-MOTIVATION IS THE ABILITY TO DRIVE ONESELF TO ACHIEVE PERSONAL OR PROFESSIONAL GOALS
LINK TO INTRINSIC MOTIVATION
SELF-MOTIVATION IS CLOSELY RELATED TO INTRINSIC MOTIVATION, WHICH IS DRIVEN BY INTERNAL DESIRES RATHER THAN EXTERNAL REWARDS
IMPORTANCE IN PERSONAL DEVELOPMENT
SELF-MOTIVATION FOSTERS RESILIENCE, COMMITMENT, AND PRODUCTIVITY IN VARIOUS AREAS OF LIFE
2. FACTORS INFLUENCING SELF-MOTIVATION
INTERNAL FACTORS
PERSONAL VALUES, RESILIENCE, AND EMOTIONAL SELF-REGULATION CAN INFLUENCE SELF-MOTIVATION
EXTERNAL FACTORS
A SUPPORTIVE ENVIRONMENT AND RELATIONSHIPS CAN ALSO IMPACT SELF-MOTIVATION
3. TYPES OF SELF-MOTIVATION
INTRINSIC SELF-MOTIVATION
INTRINSIC SELF-MOTIVATION IS DRIVEN BY PERSONAL INTERESTS, PASSIONS, AND VALUES
EXTRINSIC SELF-MOTIVATION
EXTRINSIC SELF-MOTIVATION IS BASED ON EXTERNAL REWARDS OR THE AVOIDANCE OF NEGATIVE CONSEQUENCES
POSITIVE AND NEGATIVE SELF-MOTIVATION
POSITIVE SELF-MOTIVATION FOCUSES ON THE BENEFITS AND REWARDS OF ACHIEVING A GOAL, WHILE NEGATIVE SELF-MOTIVATION IS DRIVEN BY FEAR OF FAILURE OR NEGATIVE CONSEQUENCES
4. STRATEGIES TO DEVELOP AND MAINTAIN SELF-MOTIVATION
SMART METHODOLOGY
THE SMART METHODOLOGY, WHICH STANDS FOR SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, AND TIME-BOUND, CAN HELP ESTABLISH CLEAR AND ACHIEVABLE GOALS
SELF-DISCIPLINE AND TIME MANAGEMENT
DEVELOPING A DAILY ROUTINE AND USING TIME MANAGEMENT TECHNIQUES, SUCH AS THE POMODORO TECHNIQUE, CAN HELP MAINTAIN SELF-MOTIVATION
MOTIVATIONAL WORKSHOPS, PERIODIC EVALUATIONS, AND TRAINING SESSIONS
PARTICIPATING IN WORKSHOPS, EVALUATIONS, AND TRAINING SESSIONS CAN ALSO ENHANCE SELF-MOTIVATION AND PERSONAL GROWTH