

self-motivated

motivated to do or achieve something because of one's own enthusiasm or interest, without needing pressure from others

We all know what it feels like to lack motivation. Whether you're struggling to cut carbs, organize your garage, or finish a project, you just can't seem to find the drive. Unfortunately, many people feel this way about their jobs, and it can have a negative impact on the company as a whole. That's why being self-motivated at work is such an asset.

What is self-motivation? Self-motivation is what drives you to complete various tasks and duties efficiently. It helps build your awareness of why you are aiming to complete a certain task and encourages you to keep going until you successfully complete it. Once you finish a task or accomplish a goal, you feel a sense of satisfaction and pride in yourself. Self-motivation is what will push you to complete tasks like this again.

That rush feeling you get when you accomplish a task is called dopamine. It moves within your neurons and helps motivate you to work toward certain goals and achievements. To function properly, dopamine needs to operate in an efficient and purposeful way. This is where your self-motivation comes in. Pushing and motivating yourself to achieve goals helps activate this dopamine and can cause you to achieve more.

Why is self-motivation important? Self-motivation can help you develop a drive and determination to complete various tasks and goals throughout the workday. If you display high levels of self-motivation within the workplace, it will become noticeable that you're achieving more goals and are working harder to succeed. Strong self-motivation at work helps increase your productivity and makes you feel proud of the goals you've accomplished.

How to self motivate Self-motivation begins as a *decision with the ability to quickly develop into a habit*. Below are ways you can start practicing self-motivation until it eventually becomes a routine:

Set goals for yourself To start motivating yourself, list what you hope to achieve. This helps you develop self-management skills as you work toward different achievements, then feel accomplished once you reach and finish them. You can do this by listing the various goals you wish to accomplish. Start with your workplace goals and add any personal goals, if you desire. These goals can be large or small. Some goals you set can be challenging, while others can be easier to accomplish. This way, achieving smaller goals can help build your sense of accomplishment and can motivate you to accomplish larger goals as well. Achieving one goal can often make you want to achieve more.

Build a plan to achieve each goal After setting goals, you can develop a plan to complete each one. You can do this by creating a schedule or to-do list for yourself. However you choose, writing down when you plan to achieve each goal can make you more likely to complete them as it's a way to hold yourself accountable for completing tasks. If every goal isn't achieved as planned, continue encouraging yourself to complete the next goals. You can simply move your goal or task to be completed on a different day.

Encourage yourself to think positively It's important to stay positive and keep things from setting you back. Mistakes can be corrected and can help you learn how to improve. To increase self-motivation, it's best to look at various opportunities with a positive attitude and learn from them. If someone critiques your work, take it as constructive feedback and let it strengthen your approach.

Push yourself outside your comfort zone One of the best ways to increase motivation is to push yourself to achieve new goals and opportunities. You can do this by making plans to accomplish goals that are more difficult than what you're used to. By going outside your comfort zone and encouraging yourself to accomplish new achievements, you can witness unique experiences. These experiences can help you learn more and reach higher goals that may feel more rewarding in the end.

Surround yourself with other motivated people It can be easier to develop motivation and become a self-starter when you see it exhibited in others. This is why it's best to spend time with people who are highly motivated and constantly working to accomplish new goals. Their attitudes and drive can be contagious and may help encourage you to accomplish your goals as well.

Becoming self-motivated, or even just improving your self-motivation a little, will not happen overnight. There are many skills involved, and you cannot expect to develop them all instantly. Remember, Rome was not built in a day: think about making progress over a long period of time and in small steps.



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