

Actions to Encourage Motivation

One of the leading values and themes within human support processes is motivation. A conversation about motivation and its tortuous ways of touching us and disappearing and then returning to our lives is a conversation that has been spoken by people for many years. One of the biggest dilemmas on this issue, is that motivation does not last for long. Motivation is very difficult to maintain at high levels and is usually the first thing that wears out, especially in times of crisis or even just when things don't go so smoothly.

Well, what is motivation that we are so busy exploring? What is the force that motivates us to fulfil ourselves, our goals and that express who we are and our creativity? In my opinion, motivation is an integral part of our lives. And it is important to remember that although it is a very positive part of our lives, important and worthwhile, it is only a part of a much more complete picture that is who we are. The reason why it is so important to emphasize to you not to put all your hopes in motivation, is because the way people cope when motivation isn't there. As in everything in life, once you put all your heart in a certain thing, the moment that thing is not accessible to you, the entire building you built may collapse.

Motivation is the same energy of inspiration, positiveness and great desire to move your world forward, and truly it's one of the most wonderful things that exists in this world. But just as it is impossible to maintain such a powerful feeling for such a long time, I often encounter people who say to me, "I'm out of motivation." Motivation, like everything else in life, is a choice. That is to say, it is a mental barrier that a person can choose to be in, even in the most difficult moments of his life. All people need to do to regain their sense of motivation is to do simple and reasonable tasks, so likely they seem obvious, but most people still prefer to say with sad eyes "I have no motivation" instead of asking themselves what actions are involved to feel motivated.

The actions I'm talking about are so simple, such as reading some inspirational quote, or listening to a song that encourages you and increases your motivation levels. There are quite a few of my trainees that on days without motivation, I send them to see a good film they told me about in the past, which inspired them very much. Other actions can be a conversation with an interesting person or browsing through some notebooks in which you have written great things about yourself from past times. Other simple actions can be even looking at letters of appreciation and certificates you received. As well as, volunteering with people who are less motivated than you, this could be very useful in many cases.

If you have recently found yourself in a period without motivation or just with little energy, make sure to do at least two activities per day for 15 minutes, small simple tasks that increase your motivation. In the case of motivation, as well as in many cases, God is in the little details. For sure, the more tasks you do, the higher your energy level

will be. And always remember, next to motivation there are also other values that are important to strengthen, such as optimism, self-esteem, determination and excellence.