

A Review on Self-Motivation

SWARNADIPA SARKAR

AIMS Institute of Management Studies.

Abstract- *Have you ever noticed a honeybee how they collect nectar from the flower to make honey? What do you think? What motivates them? In short, honey bees make honey to keep them alive during the winter period when they are unable to forage and there are fewer flowers from which they can gather food.*

It is self-motivation that will help you to survive during your abominable days. I have written on self-motivation as people of this generation pretend to be strong which they are not. Life is a hum-drum affair so there will be something or the other coming on our way every day and instead of giving up or breaking down we should know how to face the hurdles, overcome it and achieve our goals. Self-motivation is the force that drives you to do things so if you keep positive attitude and is self-motivated you can challenge every problem and face it with confidence.

I. INTRODUCTION

Motivation is the urge of doing something that comes within an individual. It is the incitement that develops internally within and individual which instigates him to do something.

For example: A hatchling is taught to fly by the mother bird but it is the hatchling's hunger and excitement that instigates her to fly high like her mother bird. Motivation is a greater concept supported by the ability to choose one's own goals and values, combined with "time horizons" for the value that can perhaps environ years, decades, or longer, and the ability to re-experience those past events and experiences.

Self-motivation is the ability to do something without getting influence by someone else's action. It can be stated as how an individual provokes himself to do a certain work.

For example: When I failed several times to do a work I gave up and was sitting idle starring at the tree

opposite to my house. I saw a baby bird falling down from her nest. It tried to get up and fly but failed. The many times she tried that many times she failed, yet did not give up and I noticed that every time she tried she took a higher limp to fly and at her sixth attempt she succeeded to fly. This motivated me to try and not to give up.

II. ELABORATIVE APPROACH



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- How to build self-motivation:

1. Believe in yourself:

Omit the word "can't" from your life. Whether you can or you can't that is a secondary thing at least try before saying you can't. Studies show that experiencing self-belief cause an intensification of dopamine; so a decisive self believe and a positive self-image can be a really powerful motivator.

2. Think smart, start smart:

It is okay if you do not feel like doing something or feel frustrated at times. Take the initiative to do something and think how you can reach towards your goal in an agile manner. If you are not very motivated to do something, choose diminutive and cinch part of the task to begin with. Every time you achieve something no matter how small it is dopamine is produced. The brain relishes frequent positive feedback as it recognizes things are advancing towards the final goal.

3. Choose positive over negative:

At times negativity creeps inside your mind but remember every aspect has its two sides if the one side of an aspect is negative the other side has to be positive. So whenever negativity creeps inside your mind think the positive of it you'll see automatically the negativity got suppressed.

For example: Whenever I recollect my past it reminds me of my failures but then again I thank god if I would pass class 9 scoring good marks in science and not fail twice then today I would be either a doctor or an engineer and would not be living my dreams that I wanted to.

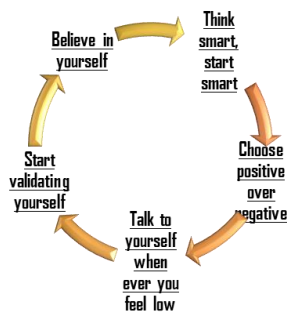
So remember everything happens for a reason and henceforth motivate yourself to lead yourself forward.

4. Talk to yourself whenever you feel low:

Whenever you get demotivated stand in front of the mirror and talk to yourself. Self-motivation is the best motivation. Ask yourself where you lacked. Find a way and work on it. Convince yourself with positive words. Recollect past achievements and motivate yourself.

5. Start validating yourself:

Acknowledging your own achievements will always motivate. The dopamine reward system goes into over drive when we achieve positive feedback of one kind or another. Completing a task should give you this dopamine burst, but you can nudge the process along by validating yourself.



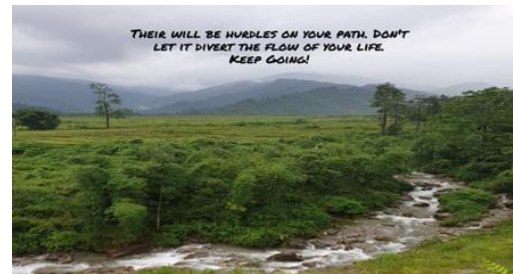
The above diagram shows how self-motivation works.

CONCLUSION

A person is not born with self-motivation. Self-motivation is a process where a person develops ways

on how to keep his or her self-motivated intact despite of several challenges and without seeking direct help from other people. Experts say that self-motivation is a very important factor in a person's life because this helps him or her see things in a positive way. This will also enable him or her to overcome challenges by developing an attitude that could combat trials and failures. If one is able to develop a positive and decisive perspective life, everything will start falling into their proper places. In fact, he or she might even be surprise of the things that can be accomplished in that span of time. Therefore, it is important to motivate oneself. When you link these two things together, you create success.

SELF + MOTIVATION = SUCCESS



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