

When motivation becomes its own enemy.

Motivation is the force of progress, the starting point for change, a tool for setting goals, the force that enables you to design the path to your goal, the energy that defines short-term and long-term goals.

Motivation can be an uncomfortable reality for someone who lacks it. When motivation is well achieved, controlled and directed, it becomes a dynamic force for change and progress.

Motivation is the perception of the need for change, the belief that the change can be made and the will to make the change, given the resources required. Motivation leads to a prioritization of activities, in which some important tasks are set aside for use in other situation. C.T. was a cricketer in the 19th century who gave up his great wealth and his favorite sport to pursue his favorite work, namely, religious missionary work in China and Africa. He initially kept some of his wealth for a contingency fund, but with the encouragement of his wife, he spent everything he had on his faith.

A checklist: to check your level of motivation you should regularly:

1. Review your priorities
2. Restructure your schedule
3. Review your strategies

Motivating factors can be negative, such as fear of failure; positive such as success in a career; external, such as better pay; internal, such as the satisfaction of being able to provide professional help to others; or a combination of all.

A car engine is made up of many complex parts that allow the driver to drive long distances over long periods of time. Without the initial engine start, the car is just a stationary object.

It is, in fact, a vote of confidence for you. However, when you enter the exam room to take an exam, simply having an acceptable level of aptitude is not enough.

Motivation can involve rearranging priorities and believing in the value of the goals you are trying to achieve. In academic courses, some students are motivated from the beginning to the end. Some students' motivation increases throughout their studies, while others never seem to be motivated at all. There are many ways you can motivate yourself to excel in your academic endeavors, but the triggers and contexts required will vary from student to student, so it is essential to learn, in any way possible, what motivates us to avoid stagnation.

Think of your motivation as a creature that you need to feed to keep it alive, and your thoughts as the factors you need to nurture.

Tips

- Think of your motivation as a creature that you must feed to keep alive and your thoughts as the factors you need to nurture.
- The best way is to compete with the standards you set for yourself.
- Write down your goals in an achievable and step-by-step manner.



Motivation



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A dynamic relationship between ability and progress

Researchers have come to the question of why students who are capable and have a lot of talent, sometimes perform poorly and students who seem weaker, act beyond what is expected of them. The short and simple answer was that progress is something more than ability and one of the keys to it is motivation. Obviously to succeed in education, you must have a basic level of ability and talent, but the fact that you have qualified for university entry at this level means that you are already capable. According to Aristotle, virtue is a mean between two extremes. For example, he believed that the infinite forms of anger are dangerous and destructive, while the absence of anger carries little emotion and energy and such a person lives a life of indifference. True anger is for the right reason and at the right level and measure. And for a certain period of time, the power of such emotion will be useful for correcting an injustice or restoring an imbalance. On one hand, a person who lacks emotion has lost one of the most important human components of his life. On the other hand, a person who has uncontrolled and intense emotions is not able to perform purposeful behavior, in other words you need to create mechanisms to adapt and survive in a new and changing environment, where your emotions come to your aid when needed. You may be motivated in your studies to improve your them, but this should not be at the expense of ignoring other qualities and situations that need to be achieved. For example, to function well and effectively in the social world, you need to acquire social skills such as good relationships and interpersonal skills. Being motivated does not mean not enjoying leisure time and individual or group relaxation. Without rest and recreation, our brains will not function as they should. In addition, motivation does not mean that you block the way for others to progress.

In today's world, the education system is designed to be competitive. If everyone in this system has an equal chance to progress, there is nothing wrong with that.

Perhaps the best way is to compete against the standards you set for yourself.

Motivation should not be a force that prevents us from acquiring many of the qualities necessary to live more effectively in the world of work.

Some characteristics that indicate excessive and extreme increases in motivation include:

- When you don't give yourself time to rest and have fun
- When you feel guilty every time you take a break
- When you continue working even after your mental capacity is full
- When you disrupt your sleep and eating routines to work too much
- When you want to quickly achieve long term goals

Don't just talk about walking

The point in the title of this paragraph shows you that you should not only have good intentions, but you should also turn them into actions. Being motivated means that you value your goals and will invest you time, effort, patience and money to achieve them.

Talking about your goals and motivations has a valuable place in the schema of everything, but it is not a goal by itself. In one of the ancient languages, a "word" was an active agent that came out of the speaker's mouth and went to do something. A word was not to be left to chance. A word carried a heavy and important mission and we all know that words can encourage, motivate, heal, relieve stress or hurt, injure, ridicule and ignite. One of the worst uses of words is when we promise ourselves to do something and then we don't do it. If there is no one to hold us to our word, we may be lax in fulfilling our commitments.

Often when we lose confidence in our ability to continue living, we have difficulty fulfilling our linguistic desires.



Developing achievable goals

We said earlier that we can lose our self-confidence by promising ourselves more than we can handle; like the pelican, whose beak, based on the ancient order, holds more food than its stomach can handle. This can be a factor that causes our motivation to drop. To combat this issue, we need to write our goals in an achievable and step-by-step manner.

How to boost your intrinsic motivation

We said earlier that every word has a mission, so the following sentences can transform your thought structure and therefor your motivational structure. Read the following sentences carefully.

- When I believe that I can do the job and achieve whatever I want, I will achieve more every day.
- I have enough talent and skill.
- I am a competent person.
- I set my goals and achieve them. I know what I want from life. I go after what I want and achieve it.
- People like me.
- I am proud of myself and I believe in myself.
- I am not afraid of anything or anyone. I am powerful, capable, confident and resilient.
- I don't blame anyone for the situations in my life.
- I never make excuses. I do everything on time and efficiently and today more than ever, I am full of inner strength and power.