



Driving your business forward

Motivation

THE STRENGTHS PROGRAMME

You will never do something enthusiastically unless you really want to do it.

Motivation is vital for the actions that we really want to take.

It's important to understand what motivates you and it's why your motivations are also become your strengths. For example, if you're motivated in a career where you are competing with others, such as a sales role, then you're much more likely to enjoy and be good at it than if you're not motivated by competition.

The same if you love mixing with people and solving their problems. You need to love that socialising and the interaction. If you don't like mixing with people then you won't want to or be motivated to.



How is the week's insight going to help you?

Put simply it means you can clearly decide what you want to do and what you don't want to do. Doing the things that motivate you will energise you, and you'll succeed at them.

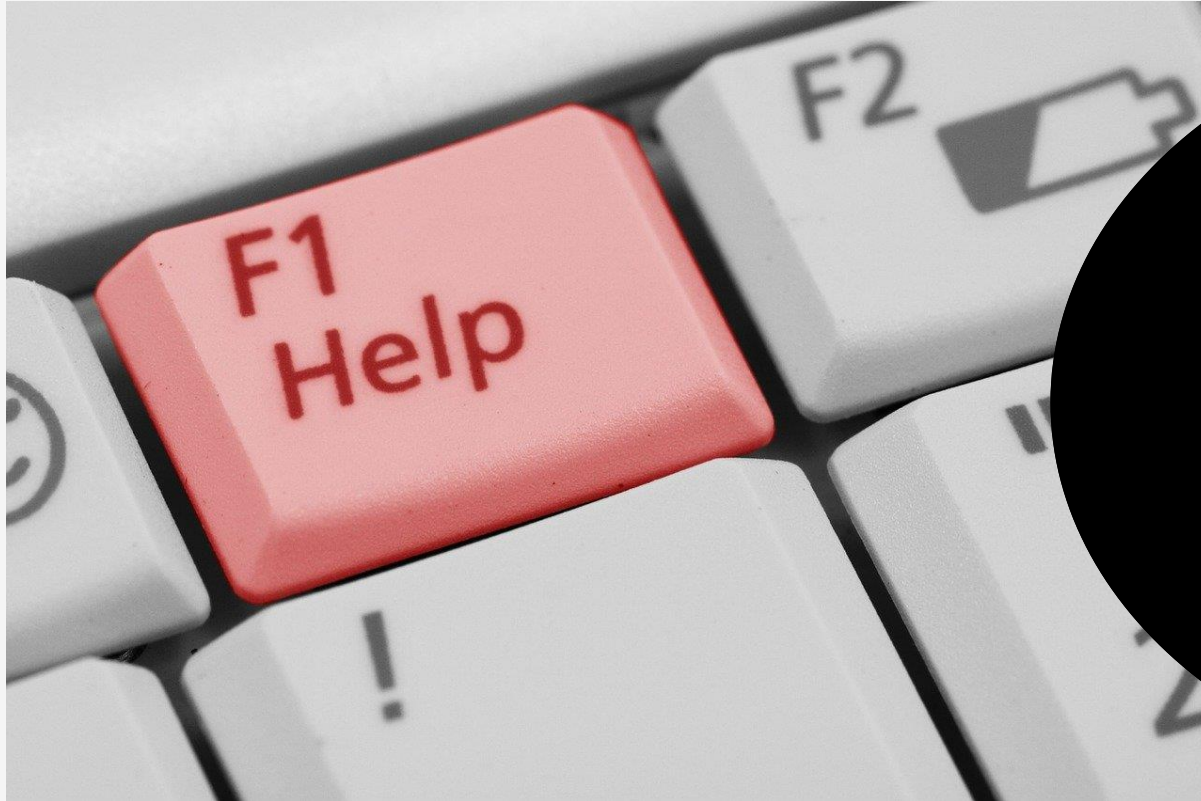
We all have to do some things that we don't want to do. Knowing what motivates you and what doesn't, can help you to:

understand why you might be feeling somewhat less than positive about doing some things;

ensure that you don't spend too much time doing things that are not motivating and may drag you down. We all have to do things that don't motivate us sometimes, that's normal. But if we're spending too much of our time on demotivating activities, it will lead us to stress and unhappiness.

make good career and work decisions. For example, if, you're a person who is motivated by freedom, working in a strongly rules-based organisation won't be the best fit for you.





Tip

If you're asked to do a specific job or project, before you accept it, think about whether it will actually be motivating for you and if not what you can add to it to make it motivating.