

MOTIVATING YOURSELF

Motivation is your personal reason for doing something. It is usually linked to how something makes you feel; if you are enjoying, learning or progressing you will generally be motivated by it. Sometimes we have to do things that we don't want to do in the short term; it is those times that you have to think of your long term goals and motivations.

It is important to understand what motivates or drives you. Is it pride, independence, money or having a job so that you can support yourself?

Working out what drives you and what you enjoy will have a big impact on:

- what type of job you apply for
- whether you get the job
- whether you do well

Try and think about your ideal world, what is motivating you to do well so you can achieve that ideal world?

- What would your ideal world look like?

- Consider what your world would look like?

- Where would you live?

- What job would you have?

- What is stopping you from achieving all of this?