



PASSION AND SELF-MOTIVATION



What is self-motivation and why it is important in education?

The ability to motivate yourself (self-motivation) is an important skill nowadays in education. Self-motivation drives individuals to keep going even in the face of setbacks, to take up opportunities, and to show commitment to what they want to achieve. Self-motivation is the force that keeps pushing us to go on – it is our internal drive to achieve, produce, develop, and keep moving forward. Understanding and developing your self-motivation can help you to take control of many other aspects of your life and education. Motivation is one of the three areas of personal skills that are integral to the concept of emotional intelligence. It is the “why” behind everything you do, and the reason you might take up a cause, commit to an action, or work toward a goal. What is the connection between passion and self-motivation? Passion is an emotion to be acted upon. A desire fueled by passion will bring about the greatest results in life and education. Finding what you are passionate about is a journey in itself.

MAIN FOCUS

WHAT IS SELF-MOTIVATION AND WHY IT IS IMPORTANT IN EDUCATION?

INTRINSIC MOTIVATION FOR PASSIONATE LIFE-LONG LEARNERS

SELF-MOTIVATION OUTSIDE THE BOX

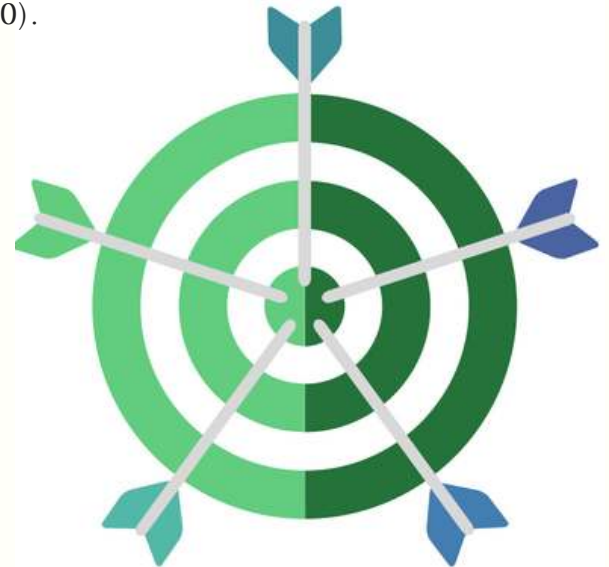
TIPS TO BOOST YOUR SELF-MOTIVATION



Oftentimes, when you are not living your passion, you are living the life that you believe is acceptable to others. Those who live their passion have an internal motivation that helps bring balance to their situation. Even though there is a bit of uncertainty surrounding your passion, you cannot underestimate the value of loving what you do. "If you aim at nothing, it is easy to achieve it."

Intrinsic motivation for passionate life-long learners

Passion is defined as a strong inclination toward an object, activity, concept, or person that one loves (or strongly likes), highly values, invests time and energy in on a regular basis, and that is a part of one's identity. Furthermore, the model proposes two types of passion: harmonious passion (HP) and obsessive passion (OP). The first type of passion is internalised autonomously into the self, or in other words, the individual freely accepts the object of passion as important, without any contingencies attached to it (Deci & Ryan, 2000; Mageau et al., 2011; Ryan & Deci, 2000).



OP, on the other hand, results from a controlled internalisation of the object of passion, which means that the values and regulations associated with the activity that one loves are internalised with contingencies attached to it (e.g. self-esteem, feelings of social acceptance, etc., Lafrenière et al., 2011; Mageau et al., 2011), and therefore the individual may have a hard time controlling their urge to engage with their passion (Vallerand, 2015).



SELF-MOTIVATION OUTSIDE THE BOX

What does it takes to get motivated and think outside of the box? Well, we first have to know what “the box” really is. “The box” simply refers to rules, regulations, and expectancies. Every time you follow a set path, solve a problem for expected answers, or do something based on what you already know, you are living inside of “the box”. The simplest, and one of the most effective, motivational techniques is jumping in. The best part of thinking outside of the box is that you do not need to be thinking about anything specific. Having a positive sense of self-esteem motivates you to learn, improves classroom behavior, and enhances academic performance.



The greater danger for most of us isn't that our aim is too high and we miss it, but that it is too low and we reach it.
(Michelangelo)



You should set goals beyond your reach so you always have something to live for.
(Ted Turner)

Here are some tips that can help you boost your self-motivation!

- Remember your “why”
- Start simple
- See the good in bad
- Know yourself
- Track your progress
- Put your goal on the calendar

