



An Analytical Study on Self- Motivation

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ABSTRACT

Self- motivation is the inner power. A person when motivated from internal energy. A person without help of other and influence from the other people, a person find an internal strength is self-motivation. Self- motivation is source of energy where person can motivate with the work of him/herself. The art of self-motivation separates the winner from the losers. Many people not motivated due to fear from people. The person who has an art of self-motivation, fight with the world and fulfils his/her dreams true in the life. Motivation is the fuel of the life. Self- Motivation is the key of success, without self- motivation nothing can be done. If you want to achieve big in life the motivation comes from inner side. The outer motivation is temporary motivation, if we want to achieve great in life we must motivate from inner. A self-motivated person can easily evaluate him/herself and he/she can take decision without any fear. A person who is self- motivated he/she can done work with interest and work done at right time. A person success depends upon the self-motivation. The paper focus on the self-motivation, its process, its affecting factors and techniques of self- motivation.

Keywords: Optimistic, Self –Awareness, Setting Mission, team spirit, Outer Motivation.

1 INTRODUCTION

Self –Motivation is necessary to change the life of the person. It affects the whole life of the person and in the present scenario it is very important for any person to know the process and techniques of the self- motivation. It now not only changes the life of the person but it changes the mindset of the person, boost the person in energetic way.

2 PROCESS OF SELF- MOTIVATION

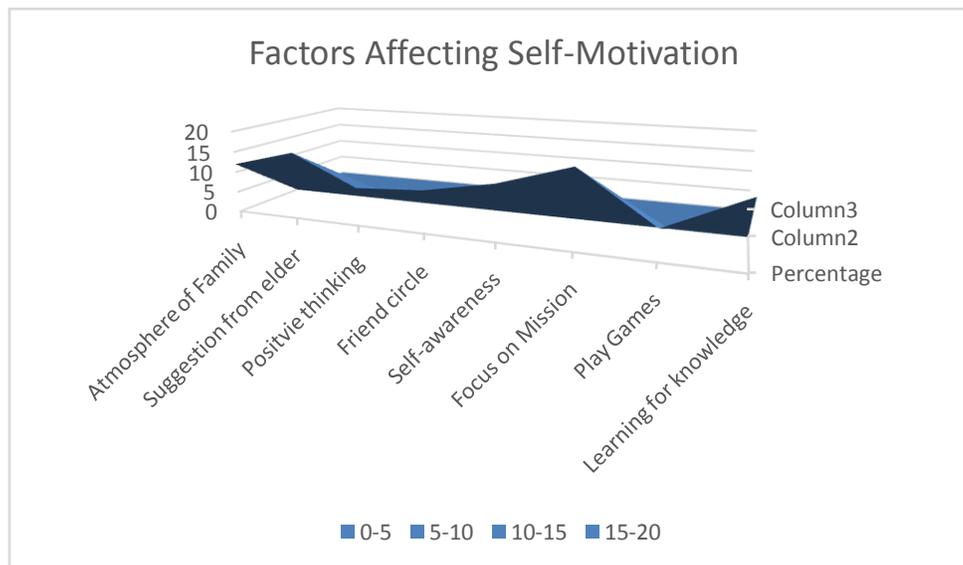
The process of self- motivation as under:

- ❖ Before start any work first check that work which will start it is match with our goal of life and if the work matches the goal of our life then you can work as we are really self- motivated.
- ❖ The work which will start will match the object of the life? If it is match with the object of our life, start the work immediately.
- ❖ Ask yourself, why we select such work, we know how to complete the work. If we know how to complete the work, it means we can easily complete the work.
- ❖ If we are ready to perform the work at any unfavourable condition, it means the work will complete easily.
- ❖ If we plan the work with time management, the work will complete.
- ❖ We must take interest to complete the work.
- ❖ Set the mentality that it is my duty to complete the task.

3 FACTORS AFFECTING SELF-MOTIVATION:

Following factors affects the self-motivation:

- Atmosphere of Family: The family is our first school. If the atmosphere of family is secured then the mentality of the person sets automatically.
- Suggestion from elder people: The suggestion of elder person motivate internally, if we done good work they motivate us and thus their experience, knowledge, love change the way of looking the world.
- Positive Thinking: The positive thinking done 50% of work immediately and thus we can see the work in energetic way.
- Friend Circle: The friend circle is the key of success, we can share problems with friends when we want to complete our task.
- Self –Awareness: We must know our qualities, good and bad habits. We must focus on our quality and skill and keep a distance from the bad habits.
- Focus on Setting Mission: We must concentrate on our mission of life. If any unfavourable condition come in our life we must firm on our work.
- Play Games and develops team spirit: We must play games, develops the team spirit. It helps mental health.
- Learning for knowledge and wisdom: We must read good books, newspaper to learn the knowledge.



4 TECHNIQUES OF SELF- MOTIVATION:

- ✓ Paste good quotation on the room wall for self-motivation.
- ✓ Read good books.
- ✓ Don't fear to start new work.
- ✓ Trust on yourself.
- ✓ Praise yourself for completion of small work.
- ✓ Write your success in diary and read from time-to-time.
- ✓ Done something new work.
- ✓ Don't hesitate from unsuccessful.
- ✓ Don't matter about other people's opinion.
- ✓ Take a lesson from old mistakes and look forward in life.

- ✓ Evaluate your mistakes and remove it.
- ✓ Make a plan for work.
- ✓ Always think God is with me.
- ✓ Commitments with your goals.
- ✓ Take initiative to complete the work.
- ✓ Set time limit for completion of the goals.
- ✓ Wake up early in the morning and do fun activities it motivates us.
- ✓ Watch Sun, it changes our way of looking.
- ✓ Believe in Yourself.
- ✓ Go up and never stop.
- ✓ When you feel the quitting, think about why we started.
- ✓ Say “YES I CAN”.
- ✓ Be Optimistic.
- ✓ Remind the work daily after we wake up in morning.
- ✓ Set mind that I am fearless.
- ✓ Don't compare yourself with others.
- ✓ Don't focus on the pain, focus on progress.
- ✓ Stop saying tomorrow.

5 CONCLUSION

One can improve Self-Motivation by applying some techniques like Trust on yourself, Praise yourself, Don't fear, Paste quotation, use diary, evaluate mistakes, remove mistakes, No hesitate, Commitments with goals, set time limit, make a plan, Believe in yourself, Do fun activities which motivates you, be optimistic, Go up. Self-Motivation helps people to change the life.

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