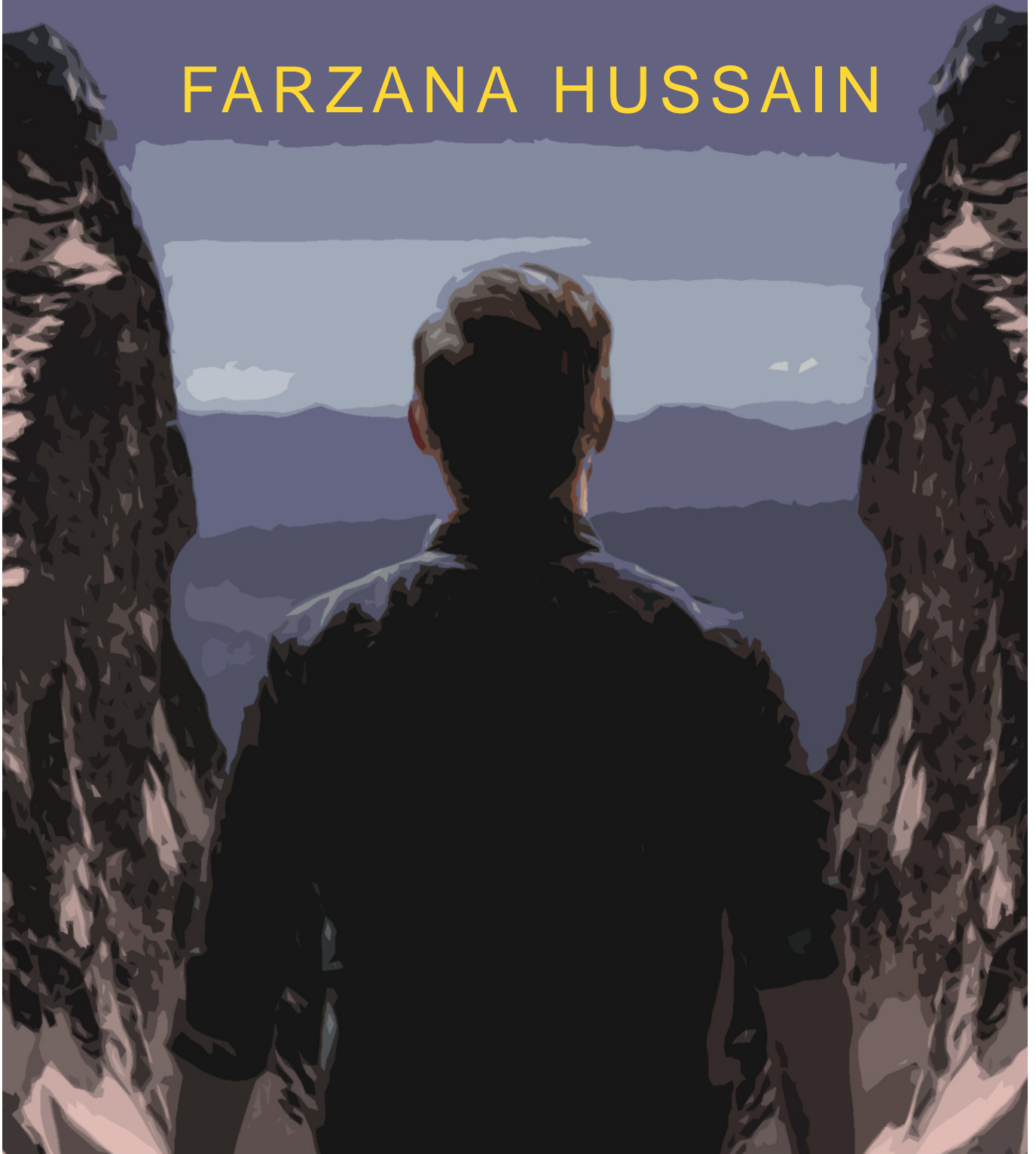


Motivation

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MOTIVATION

INTRODUCTION

Motivation is derived from word 'motive' which denotes a person's needs, desires, wants or urges. It is the process of motivating individuals to take action in order to achieve a goal.

The three important words that define motivation are, 'needs', 'values' and 'goals' and these are the building blocks of motivation that leads to actions.

Needs are basic requirements for survival and maybe physical or psychological, for example, hunger, thirst, love or friendship.

Motivation is important because it provides you with goals to work towards in helping you solve problems which helps you to change the old habits.

Chapter one

Motivation is the defining factor that turns a good thought into immediate action. It turns a good idea into business and can positively impact the world around you.

Without motivation, you can't achieve anything. There are no goal posts to aim for and no purpose to strive towards.

Motivation reflects something unique about each one of us and allows us to gain valued outcomes like

improved performance, enhanced well-being, personal growth, or a sense of purpose.

Motivation is a pathway to change our way of thinking, feeling, and behaving.

Learning new things, coming up with creative ideas to improve something, or make some new analyzing complex data in order to draw clear and simple conclusions, working well as part of a team are examples of things that can motivate us in life.

Motivation is a psychological phenomenon which generates within an individual. A person feels the lack

of certain needs, to satisfy which he feels working more. The need satisfying ego motivates a person to do better than he normally does.

The Best Types Of Motivation For Difficult Activities Are:

- Reward based motivation
- Attitude motivation
- Fear based motivation
- Creative motivation
- Achievement motivation
- Competence motivation
- Power motivation

Motivation is the process that initiates, guides, and maintains goal-oriented behaviors.

It is an important factor that encourages individuals to give their best performance and help them reach enterprise goals. A strong motivation will enable increased production of employees but a negative motivation will reduce their performance.

A key element in personnel management is motivation.

The following conclusions can be drawn from the definition of motivation:

1. Motivation is an inner feeling that makes a person excited to do more work.
2. A person's feelings or desires motivate him to perform a particular task.
3. A person has unsatisfying needs that impair his balance
4. A person proceeds to fulfill his dissatisfied needs by conditioning his energies.

5. A person has passive energies that are activated by channeling in actions.

We all have motivation that ebbs and flows.

Some mornings you wake up energized to get to work and power through that to-do list. Other times you don't want to wake up and work at the alarm you had set. You curse the morning and give yourself an extra five minutes to dream about putting in your notice and getting the first flight out to a tropical locale.

Every day is a different experience with the peaks and valleys varying within just one day.

First thing in the morning (with a work out and your usual coffee),we are feeling like a walking advertisement for motivation. By the time the afternoon sets in, we are counting down the hours until we can take a shower and relax.

By identifying the “why” behind the actions you perform can make finding the motivation to do them easier on those days when you are feeling less than inspired.

Whether you are forcing yourself to go to the gym or your workload stress maybe the reasons, making a mental shift to reconnect to your source of motivation can give you the boost to get it done.

The 3 Types of Motivation That Can Inspire You To Do Anything Are

1. Doing an activity to attain or avoid a separate outcome

This is extrinsic motivation where you are doing an activity in order to attain or avoid some separate outcome.

It could be exercising to lose weight, learning to speak Italian to impress your friends, or getting to work on time to avoid being scolded by your boss.

This is a type of motivation which is done for something like external rewards you get from it. In your career, this can include financial gain, benefits, perks and even avoiding getting fired.

Extrinsic motivation is very helpful where you are inspired to do something to get the external rewards when you achieve your goal or activity. This motivation is inspiring and thus rewarding.

2. An internal drive for success

This is intrinsic motivation which is defined as doing an activity for its inherent satisfaction rather than for some separable consequence.

When people with this type of motivation are moved to act for the fun or challenge taken rather than because of external products, pressures, or rewards.

Hopefully, there are a handful of actions that fall in the list which you perform each day. Your job may not provide obvious sources of intrinsic motivation, but perhaps you enjoy the experience of unplugging and pounding the pavement or help your neighbor

carry their groceries up the stairs because you genuinely feel good doing it. In this motivation you feel internally rewarded for the activity you do.

For example, you are a financial adviser and feel genuine satisfaction from being able to help people manage their money in a way that better their lives

Another example is, in your job you may not care much about the product your company sells or find satisfaction in fielding phone calls, but as a customer service representative, you can feel good about the people you were able to help throughout the day and use that as a source of motivation to keep working hard.

Thus intrinsic motivation is an internal drive for success or sense of purpose at the time it is performed.

3. Motivation for the family

This type of motivation is different from the previous two.

Finding intrinsic motivation isn't always easy, especially for those who aren't passionate about their work.

Luckily there is a way to compensate. Think about your family. This has emerged as a third source of motivation proven to be a Strong source of inspiration

even for those who do not feel intrinsically or extrinsically motivated to do something.

The researchers have found that some people who lack both kinds of motivation are still spurred on by a third factor called “family motivation.”

These people are more energized and performed better each day, even when they didn’t find the job enjoyable and had no financial incentive to perform it.

Family motivation can relate to both intrinsic and extrinsic motivation.

The people who are motivated by their families and have their support, always have the inspiration from them to accomplish their goals successfully whether it is a small or a big one.

These are the 3 types of motivation that can inspire you to do anything you want to do with success in your life.

Chapter two

Motivation skill plays an important role in teaching profession. A self motivated teacher is focused on his/her growth and the growth of the students.

There are different shades of motivation style which a teacher uses to motivate students.

The best lessons, books, and materials in the world won't get students excited about learning and willing to work hard if they are not motivated.

Motivation, both intrinsic and extrinsic, is a key factor in the success of students at all stages of their education, and teachers play a pivotal role in providing and encouraging that motivation in their students.

Ofcourse, that's easier said than done, as all students are motivated differently and it takes time and a lot of effort to learn to get a classroom full of kids enthusiastic about learning, working hard, and pushing themselves to excel.

Even the most well intentioned and educated teachers lack the skills to keep the students on track, so

whether you are a new teacher or an experienced one, try using these methods to improve student motivation and to encourage them to live up to their true potential.

18 KEY SKILLS TO IMPROVE STUDENT MOTIVATION:

1. Give Students A Sense Of Control

While guidance from a teacher is important to keep the students on task and motivated, allowing them to have some choice and control over what happens in

the classroom is actually one of the best ways to keep them engaged. For example, allowing students to choose the type of assignment they do or which problems to work on can give them a sense of control that may just motivate them to do more.

2. Be Clear About Learning Objectives

It can be very frustrating for students to complete an assignment or even to behave in class if there aren't clearly defined objectives.

Students want and need to know what is expected of them in order to stay motivated to work. At the

beginning of the year, lay out clear objectives, rules and expectations of students so that there is no confusion and students have goals to work towards.

3. Change Your Scenery

A classroom is a great place for learning, but sitting at a desk day in and day out can make school start to seem a bit dull for some students.

To renew interest in the subject matter or just in learning in general, give your students a chance to get out of the classroom. Take field trips, bring in speakers, or even just head to the library for some

research. The brain loves novelty and a new setting can be just what some students need to stay motivated.

4. Offer Varied Experiences

Not all students will respond to lessons in the same way. For some, hands on experiences may be the best. Others may love to read books quietly or to work in groups.

In order to keep all students motivated, mix up your lessons so that students with different preferences will each get time focused on the things they like best.

Doing so will help students stay engaged and pay attention.

5. Use Positive Competition

Competition in the classroom isn't always a bad thing, and in some cases can motivate students to try harder and work to excel. Work to foster a friendly spirit of competition in your classroom, perhaps through group games related to the material or other opportunities for students to 'show off' their knowledge or skills.

6. Offer Rewards

Everyone likes getting rewards, and offering your students the chance to earn them is an excellent source of motivation.

Things like pizza parties, watching movies or any other rewards can make students work harder and really aim to achieve. Consider the personalities and needs of your students to determine appropriate rewards for your class.

7. Give Students Responsibility

Assigning students classroom jobs is a great way to build a community and to give students a sense of motivation. This way the students work harder and think it as a privilege rather than a burden to meet expectations together with their class mates. They feel important and valued when they are also leading activities.

8. Give Praise When Earned

There may be no other form of motivation that works quite as well as encouragement. Even as adults we crave recognition and praise, and students at any age are no exception. Teachers can give students a bounty of motivation by rewarding success publicly, giving praise for a job well done, and sharing exemplary work.

9. Model Enthusiasm For Learning

One of the best ways to get your students motivated is to share your enthusiasm. When you're excited about teaching, they'll be much more excited about learning. It is that simple.

10. Encourage Self Reflection

Most students want to succeed, they just need help figuring out what they need to do in order to get there.

One way to motivate your students is to get them take

a hard look at themselves and determine their own strengths and weaknesses. Students are often more motivated by creating critiques of themselves than by having a teacher do it for them, as it makes feel in charge of creating their own objectives and goals.

11. Know Your Students

Getting to know your students is about more than just memorizing their names. Students need to know that their teacher has a genuine interest in them and cares about them and their success. When students feel appreciated it creates a safe learning environment and

motivates them to work harder, as they want to get praise and good feedback from someone they know and who respects as individuals.

12. Help Students Find Intrinsic Motivation

It can be great to help students get motivated, but at the end of the day, they need to be able to generate their own motivation. Helping students find their own personal reasons for doing classwork and working hard, whether they find material interesting, want to go to college, or just love to learn, is one of the most

powerful gifts you can give them to improve student motivation.

13. Manage Student Anxiety

Some students find the prospect of not doing well so anxiety inducing that it becomes a self-fulfilling prophecy.

For these students, teachers may find that they are most motivated by learning that struggling with a subject isn't the end of the world. Offer support no matter what the end result is and ensure that students

don't feel so overwhelmed by expectations that they just give up.

14. Make Goals High But Attainable

If you're not pushing students to do more than the bare minimum, most won't seek to push themselves on their own.

Students like to be challenged and will work to achieve high expectations so long as they believe those goals to be within their reach, so don't be afraid to push students to get more out of them.

15. Give Learning Feedback And Offer Chances To Improve

Students who struggle with classwork can sometimes feel frustrated and get down on themselves, draining motivation.

In these situations, it is critical that teachers provide effective learning feedback to help students to learn exactly where they went wrong and how they can improve next time. Figuring out a method to get

where students want to be can also help them to stay motivated to work hard.

16. Track Progress

It can be hard for students to see just how far they have come, especially with subjects that are difficult for them.

Tracking can come in handy in the classroom, not only for teachers but also for students.

Teachers can use this as a way to improve student motivation, allowing them to see visually just how

much they are learning and improving as the year goes on.

17. Make Things Fun

Not all classwork needs to be a game or a good time, but students who see school as a place where they can have fun will be more motivated to pay attention and do the work that is required of them than those who regard it as a chore.

Adding fun activities into your school day can help students who struggle to stay engaged and make the classroom a much more friendly place for all students.

18. Provide Opportunities For Success

Students, even the best ones, can become frustrated and demotivated when they feel they are struggling or not getting recognition that other students are.

Make sure that all students get a chance to play to their strengths and feel included and valued.

It can make a world of difference and improve student motivation. These key skills will certainly help to improve student motivation.

Chapter three

Motivational and inspirational stories and fables with moral have been part of our life since childhood.

All of us have heard these from our parents, teachers and elders. Such inspirational stories have a valuable lesson wrapped up and presented as a compelling tale.

Once in a while, we come across such a motivational short story which makes us think and motivate to imbibe the learnings/lessons in our life.

These are 3 MOTIVATIONAL STORIES

With MORAL

1.POTATO,EGG AND COFFEE BEANS

A little boy named John lived in a beautiful home with his parents.

One day, his father found him crying and asked him if something was wrong. John said meekly, “I have so many problems in life”, and talked to his father about his ‘problems’.

John’s father listened to him patiently. Then he brought a bowl and placed a potato, an egg and some

coffee beans in it. He then asked John to touch and feel the ingredients in the bowl, and tell what he feels about them. John described how he felt about each of them on touching.

The father smiled and asked John to place them all in three different bowls and pour water on them. He then boiled all the three ingredients. After a few minutes, the father turned off the stove and placed all the bowls on the counter to cool them down.

When they had cooled down, John's father asked him to touch them once again and feel the egg, potato, and

coffee beans. Now, John had a different answer this time. He said, “The potato’s skin is easier to peel as it has turned very soft, the egg has hardened, and there is fresh coffee aroma coming from the beans”.

Listening to John, his father smiled and told him how the potato, egg, and coffee beans had reacted to adverse situations. His father said, “The potato had become soft, the egg had turned very strong, and the coffee beans had changed their form completely during their testing time in the boiling water.”

MORAL OF THE STORY

Problems are a part of life. How we react to them makes us a better individual.

2. Dove And The Bee

On the banks of the river, there was a tree where a swarm of bees set up their beehive. They remained busy the entire day buzzing on flowers and collecting honey.

One fine day, a bee felt thirsty and went to the river to drink some water. As the bee tried to drink water ,a

wave of current swept it away. The bee started drowning.

Fortunately, beautiful dove who had been watching from a distance, rushed to help the poor bee. She plucked a big leaf from a tree and flew towards the bee. The bee mounted on the leaf and dried its wings. In some time, the bee found the strength to fly away to a safe place.

A couple of weeks later, the dove was caught in a dangerous situation. The dove was sitting on the branch of a tree, an archer targeted at her. The dove

looked for an escape but saw a large hawk hovering around her.

That's when the good deed returned to her. The bee came to the dove's rescue by stinging the archer hard.

By then the archer had released the arrow, which missed the dove and hit the hawk instead.

The dove flew to safety. The bee had returned the good deed of the dove by helping her to not get hit by the archer.

MORAL OF THE STORY

Good always comes back.

3. A Group Of Frogs

A colony of frogs was traveling across a forest in search of a pond. While hopping around, two frogs fell into a deep pit. The other frogs gathered around the pit and expressed their concern over the situation.

As the two frogs tried to jump out of the deep pit, the other frogs discouraged them by saying how impossible it was to jump out.

The two frogs chose to ignore the demotivating words of others and decided to jump out of the pit. They tried very hard and put in all their efforts to come out of the pit while the rest of the frogs watched them from the top and told them to give up.

Eventually, one among them was influenced by the other frogs and died as it gave up on the struggle to come out of the pit. The other frog continued to jump as hard as it could.

After an immense struggle, it finally came out of the pit alive. The other frogs were surprised and asked how it had managed to come up in spite of them

telling it to give up. The frog explained that it was deaf and had assumed that everyone was cheering for it.

MORAL OF THE STORY

People's words have a significant impact on our lives. But it is essential as to how we take them and influence our life.

Chapter four

HOW TO STAY MOTIVATED AS A PARENT

As a parent, it can be tough to feel motivated when there is so much to do for your family, work, home, yourself you name it.

There are many things a parent can do stay motivated and play their role confidently.

Here are some ways to ignite your motivation:

1) Remember It Starts With You

All parents have a hectic schedule and it is hard to stop when you are overrun with things to do. The thought of slowing down is overwhelming. So parents must put on a happy and excited face, even though in reality, they lack energy and motivation. Take care of yourself, it allows you to be a better parent.

2) Find Ways To Enjoy Your Parenting Journey

When things are challenging, take time to reminisce.

Look through old pictures and videos. Then create new memories. Work together with your child. Be creative and make every moment fun together.

3) Live In Gratitude

Being a parent is one of the greatest gifts, thus an attitude of gratitude demonstrates that we are

fortunate to have the opportunity to parent our children.

When the parents are motivated in life it is easier for them to inspire and motivate their children in all aspects of life. They can influence their child's life to help them reach their goals in a better way.

HOW TO MOTIVATE CHILDREN:

What is the best way to motivate children? The intrinsic motivation to learn about the world around us begins in infancy. This type of motivation can

either be encouraged or suppressed by the experiences adults provide for children.

Psychological research points to a set of promising approaches that parents and teachers can use to promote positive motivation and learning during development.

1. Follow Babies Lead

Babies naturally orient towards novel objects and events. They look away from objects that are too familiar but also from new ones that are too complex.

When interacting with infants, notice what they pay attention to, and engage with them around their interests.

2. Bring About Curiosity

Even infants seek to explore objects especially those that behave in surprising ways. When they drop something on the floor or throw it, they are trying to see what will happen next.

Provide children with opportunities to interact with new objects and let them lead and learn!

3. Encourage Children's Playful Exploration

When given the opportunity, children of all ages spontaneously engage in play. The ingredients of play are precisely the ones that fuel learning, play is intrinsically motivating, it requires active engagement and it can strengthen social bonds and reduce stress. Playing with children is helpful even though you are busy or chaotic and may find it hard to have time and space, but this is an important aspect of development to motivate them.

4. Challenge Children Just Enough

Kids are motivated to work towards achievable goals.

They lose motivation when a task is too easy, but also if the task is very difficult they can be demotivated when they don't succeed.

Try to adapt a challenge according to a child's current capabilities and provide prompt feedback on his or her performance.

5. Give Children Agency

Children are more motivated when they have some degree of self-determination, and can elect to pursue tasks that are personally meaningful.

When they have a choice of projects, or at least a little separate space as to how tasks gets done with their efforts, children are more likely to stay engaged.

6. Reward Children Only When Necessary

When children are suddenly rewarded for something they enjoy and do freely, they may begin to do it only when they know that they will be compensated afterwards.

Whenever possible, harness children's natural curiosity and inclination to work towards an achievable goal, rather than promising a reward.

7.Praise The Process Rather Than The Outcome

When we praise children for their intellect or skill level or the grade or gold medal they received it can lead to a performance orientation. They maybe motivated to achieve more rewards, but they may also learn to shy away from challenging activities that they might not excel at, for fear of negative evaluation.

When we praise children for their effort and help them see falling short as an opportunity to learn and improve(rather than simply focus on the outcome),they will be more motivated to work hard

and more likely to believe that they can achieve what they put their mind to.

8. Maintain A Close Connection With Adolescents

Adolescent is a period when many young people take risks and push boundaries. Adolescents with close family relationships are less prone to risk-taking.

High parental support and open dialogue with elders helps them to maintain a close connection. These children will be more motivated in life as the lines of communication being open helps them to take right decisions. The discussion with parents guides them to

achieve goals they desire and thus be more successful and optimistic in their lives.

These ways definitely help in motivation of children rightfully towards their achievable goals.

Chapter five

MOTIVATION AT WORKPLACE

Employee motivation is defined as the enthusiasm, energy level, commitment and the amount of creativity that an employee brings to the organization on a daily basis. Having motivated employees in your organization is invaluable.

A motivated employee is enthusiastic, driven and takes pride in their work. They accomplish tasks quickly, take action and play their role efficiently every day.

It is important to motivate the workers by maintaining and improving the motivation whenever essential.

Every task may not be interesting, so businessmen should keep their employees engaged with motivation monitored as well as nurtured.

When an employee whose work motivation is particularly low will probably work at a slower pace, avoiding tasks and spending more time on their

phones. Actually they're unfocused and aren't putting any energy into their work.

This will not only waste the employer's resources but could also have a knock on effect to other employees as well. It will be potentially holding back the entire company from producing work to the highest standard or meeting important targets.

On the other hand, a motivated employee accomplishes tasks quickly and wants to do a good job, both for themselves and for the company.

Whether your company is at its best, or on its way up, staff motivation is very important.

There are many simple ways to increase motivation in the workplace

1. Recognize Great Work

One of the most important factors that contribute to employee motivation is how often their hard work gets recognized. 70% of employees say that motivation and morale would improve massively with increased recognition from their managers.

After all, if an employee produces exceptional results but their hard work is not recognized they would not continue to be a high performing employee. If their

efforts are appreciated and recognized they are motivated to perform and improve working relationships. Thus an employee's work should be recognized at the workplace.

2. Set, Small, Measurable Goals

We've all had projects that just drag on and on, and seem to never end. It can be demoralizing to be stuck in between, which is why seeing how you've made visible progress feels so good. It is also a clear indicator that our work is making a difference.

Setting clear, achievable goals provides a real boost of motivation each time one is conquered and it keeps teams on the right track. You can magnify these effects by taking the next step and celebrating those achievements.

3. Celebrate Results

Part of what makes setting small and measurable goals so important is that it provides plenty of opportunities to celebrate your team's hard work.

This doesn't mean you need to give a standing ovation to every employee who made it work on time

but it is crucial to let everyone know how (and how much) each of their contributions moves the organization forward. Applaud the success of the employees as this goes a long way in their motivation at the workplace.

4. Encourage Teamwork

Teamwork is one of the greatest motivators. Knowing that your colleagues have your back and are your cheerleaders is an amazing feeling. When your motivation dips, your teammates are right there with

you, rooting for you as you complete your next project.

In fact, 54% employees say a strong sense of community i.e awesome coworkers, celebrating milestones and working towards a common mission was a big reason they have stayed at an organization.

One of the best ways to encourage teamwork is to start at the foundation with encouraging teamwork which gives motivation to all those involved in the work of the organization.

5. Stay Positive

It is very difficult for people to stay happy all the time.

Negative emotions have their place, staying positive at the workplace will help to motivate those working in an organization. Having tough conversations and finding ways to inject positive experiences into your team's interactions helps to create a net positive workplace.

Research shows that happy employees outperform their competition by 20% and generate 37% greater sales. It turns out that happiness and positivity play a

greater role in the success of your business than you'd ever imagine.

A simple shift in bias towards positivity and happiness can have an immediate impact on your work experience and relationships which are major factors in success, productivity and ofcourse motivation.

Staying positive at the workplace will motivate you to do your job sincerely.

6. Take Regular Breaks

Working at a stretch for three hours or more is rarely productive. Stepping back and taking a moment to relax will be very helpful in staying motivated it is important to your health.

Sitting all day isn't good for you, and neither is working nonstop. Taking a short break every hour or two can have a positive effect on both your mind and body.

So do get up from your desk and grab some fresh air!

Taking regular breaks and working again keeps you refreshed and more interested and motivated to complete your work.

7. Stay Fueled

Sometimes employees become so busy that they barely have time for lunch. That is not great for their health and even worse for their productivity.

Food plays a crucial role in the employees' well-being and engagement. Keeping healthy snacks around the workplace or providing a food stipend for remote

employees is an easy way to help your team maintain energy levels throughout the day. The employees will show more progress and there will be an increased productivity in the company. Having healthy snacks and food keeps them energized thus they show more motivation towards their daily tasks. The company shows great success in the work because of the employees being fueled enough and energetic to achieve the target assigned.

8. See And Share The Big Picture

A large part of understanding the purpose behind your work is seeing how it fits into the larger picture. You can boost motivation in the workplace by ensuring your team understands how each of their efforts impacts the organization, customers, and the community.

Completing a task usually provides a small sense of accomplishment, but knowing how that work helped others is the real antidote to disengagement.

9. Be Transparent

Every relationship, including work relationships, is built on trust.

Defaulting to transparency is one of the best ways to encourage an atmosphere of trust between you and your team and a team that trusts you will be more motivated and engaged with their work.

Transparency also helps ensure that everyone is working with the same information. That in itself can benefit the team.

10. Provide Clarity

In order to be motivated about your work, it is crucial that you actually understand what your goals and objectives are.

For many employees, that understanding starts with transparency in the workplace and ends with clarity.

Without clarity, transparency begins to lose its effectiveness and motivational power.

Make sure you're giving everyone a clear and concise mission that can get motivated about in the first place

because it is nearly impossible to invest genuine motivation into something you're unaware of, or confused about.

11. Envision Success And Share Positive Outcomes

It is easier to achieve success when you can envision it. Professionals of all types from athletes to musicians and CEO's all practice this technique to improve their motivation.

Luckily, if you're providing a clear objective, you're already more than halfway there.

Help the team to understand what it would mean to achieve that objective. When someone makes real progress towards that objective or outcome, share that progress as a source of motivation for everyone.

12. Find Purpose

It is commonly stated that all employees are motivated by purposeful work, it is actually true.

Purpose is a vital factor in employee motivation and it starts with finding meaning in the work they do every day.

Another key to staying motivated is knowing that the work you're doing makes a difference in some way recognizing the impact you are making on your clients, company, or the world.

13. Loosen The Reins

Autonomy and flexible work schedules are incredibly effective motivators.

Giving employees more agency around when and how they get their work done can actually improve their efficiency, and help keep them motivated.

The employees should be given the freedom to work on their projects when their motivation is the strongest, not just when they're in the workplace.

Tell your employees what needs to be done by what deadline, allow them to decide when they will do the actual work.

For some, that may mean coming in early, for others that might involve working on the weekend.

Loosen the reins, this is the important key to motivation.

14. Provide A Sense Of Security

The employees should be provided a sense of security in the office.

Make sure that your employees feel safe at your workplace. They should be feeling secure enough to show their full selves at work.

Research suggests that people require security just as they must have basic needs like food and water, before they can be motivated to reach their full potential at the workplace.

15. Offer Small, Consistent Rewards

Rewarding employees for their hard work is a motivational rule that nearly goes without saying.

Annual bonuses are a common way many employers reward employees for their hard work.

Instead of an annual bonus, provide smaller, more consistent rewards which is a great way to boost motivation consistently over time.

16. Change The Scenery

Sometimes a small shift in scenery can provide a big shift in motivation.

Spending even a few moments in different surroundings can provide a new perspective, and often a noticeable boost in motivation.

Consider taking your team on an offsite or retreat, and notice how their spirits could lighten after a day working outside of the office.

17. Practice And Promote Mindfulness

Taking time out of your day to slow down and practice mindfulness may sound like negative impact on productivity, but in many cases, the opposite is true.

Embracing mindfulness at work can actually improve productivity and motivation by providing the perspective needed.

18. Have Fun!

Everyday doing tasks, slogging to finish it is boring. So have fun in everyday activities, this will help to make the work in the organization sound great and working together will also be enjoyable.

You and your team will be amazed at how motivating a little fun can be.

These simple ways will help to increase motivation in the workplace.

Chapter six

MOTIVATION AND FRIENDS

Friends are the ones who believe in us. They are our real motivators. It means they are the ones who help us become a better individual in all aspects of life, be it personal or professional.

Friends are the only human beings that can encourage us in the best possible ways to achieve our goals.

Ways to motivate your friend:

- Ask them. Explain exactly what you need, by when, and why...
- Involve them. Ask them what it will take for them to get involved...
- Trust them. Give them the autonomy to decide how the work will be done, within certain parameters...
- Inspire them...
- Appreciate them...
- Reward them...

- Challenge them...
- Celebrate them.

There are many nice things you can say to your friend to lift their spirits and let them know that you value their friendship.

Compliments can go a long way to letting someone know that you care, but there are even more powerful benefits of saying nice things to someone.

According to research, the social reward of having something nice said to you, or about you, could enhance your motor skills and improve your

performance. So, your compliments can help someone learn a new skill or improve an old one.

Having friends who compliment one another helps to boost their confidence and morale.

Friends thus keep us motivated when we are in their company. Their presence in our lives has a meaning, we enjoy every moment we spend with them.

Friends make our life beautiful. We all have a life outside our family.

We tend to make friends outside our family boundaries and this makes our life enjoyable and worthy.

A friend highlights mistakes and guides us in many ways. They also motivate us to realize our full potential.

Friends hang out and travel together to explore various places and hobbies, they eliminate boredom and loneliness from life. Motivation from friends in all aspects of life adds color so we think positively.

Above all, they become a big support for any help when needed.

Having friends helps us to fight odds and be successful. Friendship increases the sense of belongingness and generates a feel good factor.

Sharing good times and happiness with friends is priceless. Happiest moments with friends make our life richer, this increases our motivation to achieve whatever is significant and we become more successful.

Surround yourself with good friends and you will always be a good friend in return.

A powerful quote says it all

**‘YOUR FRIENDS SHOULD MOTIVATE
AND INSPIRE YOU. YOUR CIRCLE SHOULD BE
WELL ROUNDED AND SUPPORTIVE,**

KEEP IT TIGHT. QUALITY OVER QUANTITY,
ALWAYS’.

A strong bond of friendship is therefore essential in our lives to motivate us to grow and what better than good friends who are always there for us!

EPILOGUE

This book, “MOTIVATION” tells us the true meaning of the word motivation. The term is derived from the word ‘motive’ which denotes a person’s needs and desires.

It is the process of motivating individuals to take action in order to achieve a goal.

The book gives us information and describes the different types of motivation. Stories with morals having motivation examples are also illustrated. We

can understand what motivation is, and know about how students, family etc can be motivated.

One of the most important motivation is the one at the workplace.

Overall, the book 'MOTIVATION' teaches us that we can learn and practice motivation even with parents, teachers and also our friends. The ways and key skills described help us to stay motivated in our every day lives.

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