

Apogee

Insights

The best type of motivation is self-motivation.

by Madeleine Long, CEO & Executive Coach, Apogee Global
March 2022



"I just don't feel motivated."

How many times have you heard people say this? How many times have you said it? Maybe it's about a current work project, a fitness regime, or being stuck at a career crossroads.



Positive psychology suggests that the best type of motivation is self-motivation. As author Courtney Ackerman says, the difference lies between when you 'have to' do something and when you 'get to' do something.

When you 'have to' do something you're not excited or passionate about it, but you know you need to get it done. It's a feeling of obligation that motivates you to work hard to complete the task.

When you have something you 'get to' do you're interested in your task and you're happy to put the time and effort to complete it. This is when you feel its fulfilling, enjoyable and valuable for your own sense of purpose. Your drive comes from within.

Here are 6 skills that are foundational to self-motivation:

- 1 Set goals that energise you and are heartfelt
- 2 Take calculated risks
- 3 Seek feedback to improve
- 4 Deal with setbacks and continue to pursue your goals
- 5 Spend time with motivated, positive and compassionate people
- 6 Cultivate a positive mindset and build your optimism

