

# MOTIVATION

**DISHARI**

MOTIVATION is the ability to influence behavior through praise or reward

- Don't just fantasize about your future, get on with what you can do today
- Be realistic
- Show a piece of your character
- Develop a balanced and realistic goal
- Exercise frequently
- Take breaks and work up your stamina
- Keep your positive mind a priority

- Set realistic goals for your study session
- Reward yourself when you complete your goal
- Think of what you will achieve by studying

LEADS TO SELF-CONFIDENCE

**Definition:** It is a strong perception of yourself has an enormous impact on how others perceive you.

Self confidence is the difference between feeling unstoppable and feeling scared.

- Think in the past
- Be more aware of your capabilities
- Take time to do the job first thing in the morning
- Be proactive - go to the work early
- Think in the future
- Give yourself a boost
- Know your destination
- Be an aspirational individual
- Be on track at all times
- Be on the go and go
- Reward yourself and that will give you focus

**LOOK AT MOTIVATION AS EXCITEMENT:**  
 • It's a state of mind  
 • It's a feeling  
 • It's a desire  
 • It's a goal  
 • It's a dream  
 • It's a vision  
 • It's a hope  
 • It's a faith  
 • It's a belief  
 • It's a conviction  
 • It's a determination  
 • It's a resolve  
 • It's a will  
 • It's a power  
 • It's a strength  
 • It's a courage  
 • It's a confidence  
 • It's a belief  
 • It's a faith  
 • It's a conviction  
 • It's a determination  
 • It's a resolve  
 • It's a will  
 • It's a power  
 • It's a strength  
 • It's a courage  
 • It's a confidence

**MOTIVATION MURDERER...**

- Ignorance
- Fear
- Insecurity
- Lack of focus
- Lack of energy
- Lack of passion

**You Lost Your Motivation When You Are Depressed...**

Depression is a mental health condition that affects your mood, thoughts, and feelings. It can make you feel sad, hopeless, and exhausted. It can also affect your ability to think clearly and make decisions. Depression is a common mental health problem, and it can be treated. If you are experiencing symptoms of depression, it is important to seek help from a healthcare professional.

**Building Self-Confidence**



**Dreams** is not what you see in sleep  
 is the thing which doesn't let you sleep  
 - A.P.J. Abdul Kalam



do not procrastinate

Focus on the goal

- Don't procrastinate
- Don't be lazy
- Don't be afraid
- Don't be nervous
- Don't be shy
- Don't be insecure
- Don't be self-conscious
- Don't be over-sensitive
- Don't be over-protective
- Don't be over-competitive
- Don't be over-ambitious
- Don't be over-optimistic
- Don't be over-idealistic
- Don't be over-romantic
- Don't be over-dramatic
- Don't be over-emotional
- Don't be over-reactive
- Don't be over-sensitive
- Don't be over-protective
- Don't be over-competitive
- Don't be over-ambitious
- Don't be over-optimistic
- Don't be over-idealistic
- Don't be over-romantic
- Don't be over-dramatic
- Don't be over-emotional
- Don't be over-reactive

**The Neuroscience of Motivation**

Motivation is closely linked to the neurotransmitter dopamine and the dopaminergic reward system known as the mesolimbic dopamine system.



**"Talk To Yourself Once In A Day... Otherwise You May Miss Meeting An Excellent Person in this World"**  
 - SAKSHI VIJAYANANDA

Generation of Motivation	Maintenance of Motivation	Regulation of Motivation
<ul style="list-style-type: none"> <li>• Reward-driven approach</li> <li>• Reward anticipation</li> <li>• Incentive salience</li> </ul>	<ul style="list-style-type: none"> <li>• Value-based decision</li> <li>• Associative learning</li> <li>• Positive reward-prediction error</li> </ul>	<ul style="list-style-type: none"> <li>• Goal-directed control</li> <li>• Cognitive control</li> <li>• Negative reward-prediction error</li> </ul>
Ventral Striatum Amygdala	Striatum DLPFC	ACC DLPFC

**BELIEVE IN YOURSELF.**



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 B.A. 1<sup>st</sup> year Honours.