

MOTIVATION

The Art and Science

The Art:

The ability to motivate is at the center of powerful, effective leadership. Leaders can only create high performance with highly motivated people.

An organizational potential is limitless with highly motivated staff.

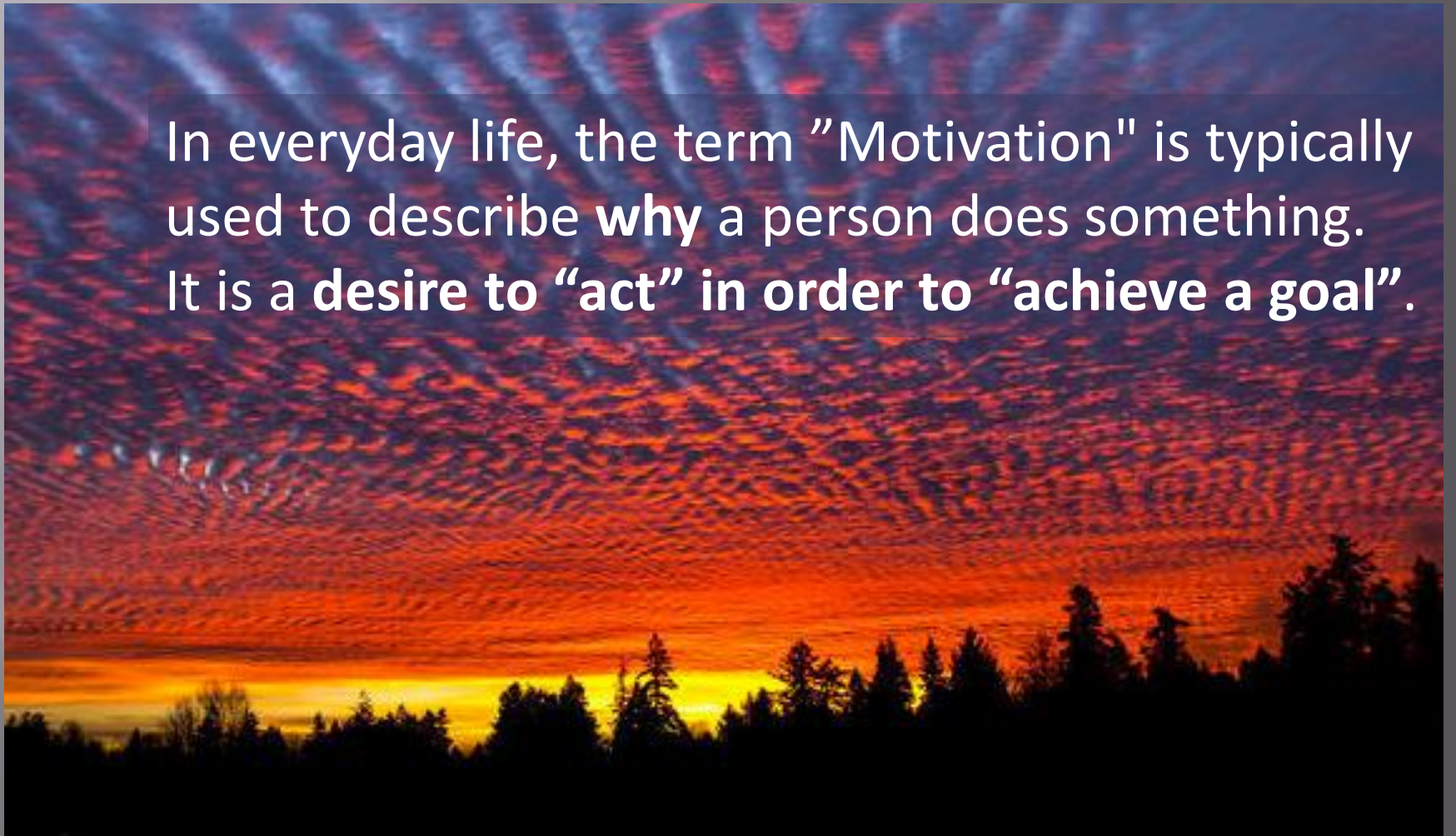
The Science

Motivation is important in most aspects of human behavior. When making a decision your choice is influenced by your motivational state.



So What is Motivation?


In everyday life, the term "Motivation" is typically used to describe **why** a person does something. It is a **desire to "act"** in order to **"achieve a goal"**.



Ways to Encourage & Motivate

- Choose Few and Manageable Goals.
- Affirm Self-Identify.
- Encourage Technologies.
- Encourage the Feeling of Usefulness.
- Encourage Adaptive, Flexible Coping skills.

Motivation Changes With Aging



Older people are less motivated by money and enthusiasm from others. Seniors are more motivated by family and nature. It is in our senior years that “**being Sociable**” becomes the biggest priority

How to Stay Motivated

- Set goals.
- Choose goals that interest you.
- Find things that interest you in the things that don't
- Make your goal public.
- Plot your progress.
- Use rewards.
- Don't do it alone

Setting Goals

- Set goals that match your abilities, and that are challenging.
- Start small and work your way up to achieving your expectations
- Identify the resources that you may need to achieve your goals.
- It is never too late in life to set goals that are appropriate for your interests and abilities

Most Important Reminder



Aging is a very positive and wonderful experience; be certain to approach it with the right mindset.