

Motivation vs Inspiration

If you can imagine it
You can achieve it
if you can dream it
you can become it
William Arthur Ward

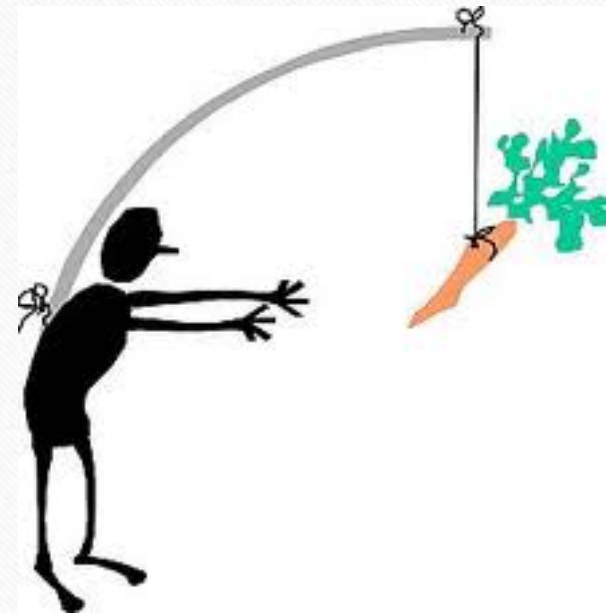


Motivation

- Motivation is the process of getting started, keep going and modulating various behaviors that help people achieve goals.
- Provide a motive, to induce, incite, impell

Motivation often is external because

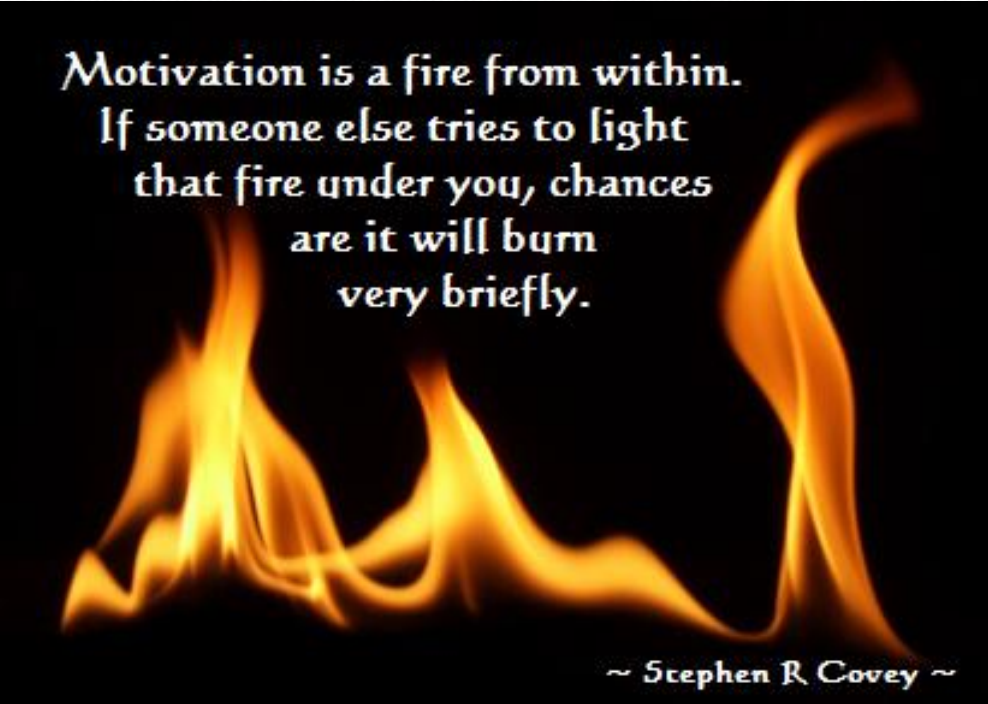
- Motivation occurs when someone else persuades you into doing something.
- Motivation usually involves rewards or punishments



Motivation

Motivation and self-reflection

- I need to get myself motivated to exercise
- I have to be more motivated at work
- Usually, motivation requires a kick in the but from ones self or someone else.



Motivation is a fire from within.
If someone else tries to light
that fire under you, chances
are it will burn
very briefly.

~ Stephen R Covey ~

- **People seem to get confused between the difference between Inspiration & Motivation.**
- **In groups of 2-3 come up with definitions you can think of**

Negative Motivation

- Politics: You are with me or you will have difficulties
- Market: Use my product or you will 'stay' ugly
- Religion: Join my religion or you go to hell
- Education: Pass the exam or you have no future
- Health care: Use this product or you get sick

Motivation



- Motivation pattern: What we know, what we rely on, what we can think of as a standard.
- Motivation is changing other peoples behavior, usually for our benefit not necessarily for the other person
- Steering the behavior of the people it is about fear.

Motivation



- Motivation is not wrong, you have to motivate people
- You need know the difference between motivation and inspiration
- When you should motivate and when to inspire.



How to Motivate

- Let them know you trust them
- Set time goals
- Give you people purpose
- Positivity
- Be transparent
- Motivate individuals and the team
- Reward based on feedback
- Prioritize work-life balance
- Give responsibility
- Sow them the gigger picture



Inspiration

- From the Latin spirare, meaning “Spirit” to affect guide, or arouse by divine influence; to fill with enlivening or exalting emotion, to animate a divine influence upon human being to give life the breath of God

Inspiration



- Inspiration is a act of love to another person, act of service, a gift, is something we give another without a need for anything in our own
- You are in high orbit, you focus yourself on possibilities
- Inspiration unlock your potentials

Inspiration

- **Inspiration is internal because:**
 - **Inspiration comes from within and the encouragement and ideas are your own.**
 - **When it comes from within, you own it and feel inspired.**
 - **When you feel inspired you'll take action and “taking action” is the key to achieving what you want**

Exercise

- **Make a list of who in particular inspires you:**
 - Try to identify what is is about each of these people that have inspired you, and why.
 - Be sure to describe how you feel when you realize someone is inspiring you

Inspire others

- Be a good example
- Care about others
- Encouragement
- Be inspired your self
- Share from you own experiece
- Be vulnerable
- Tell stories
- Be a good communicator
- Challenge people
- Read and reflect