SELF-MOTIVATION TECHNIQUES

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WHAT IS .. MOTIVATION

• An inferred **process** within an individual that causes that organism to move towards a goal.

MOTIVATIONAL CYCLE



HIERARCHY OF NEEDS

Physiological needs

Safety needs

Belongingness & love needs

Esteem needs

Selfactualization needs • Hunger, thirst etc.

• To feel secure & safe, out of danger

• Affiliate with others, be accepted & belong

• To achieve, be component, gain approval and belong

• Self fulfillment & realize one's potential



SELF ACTUALIZED CHARACTERISTICS

- Perceive reality accurately.
- Tolerate uncertainty.
- Accept oneself without guilt or anxiety.
- Solve problems effectively.

SELF ACTUALIZED CHARACTERISTICS

- Possess a strong social awareness.
- Develop meaningful interpersonal relationships.
- Relatively independent of environment & culture.

SELF MOTIVATION

- Do it now.
- Break up the task into small steps.
- Don't wait for mood or inspiration.
- Start action.
- Solutions will follow if you try.

SECRETS OF SELF MOTIVATION

Set Goals

Stay Focused

Do Not Procrastinate

Share Your Goals

Stay Positive

Reward Yourself

THANK YOU

NEXT LECTURE: RESEARCH CONCEPTS AND METHODS