



# SELF-MOTIVATION TECHNIQUES

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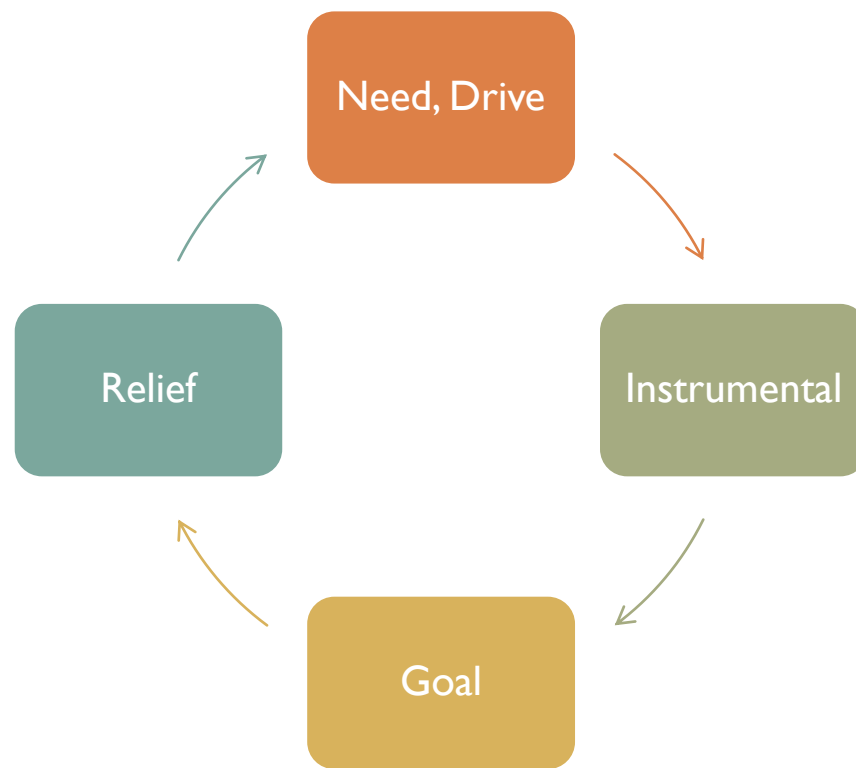
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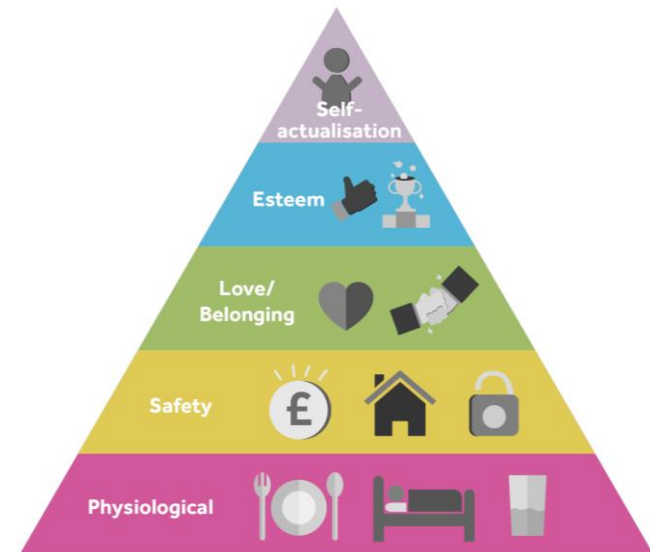
# WHAT IS .. MOTIVATION

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

# MOTIVATIONAL CYCLE



# HIERARCHY OF NEEDS



# 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