THE ROLE OF MOTIVATION IN ONE’S LIFE

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**Research Question:** How does motivation play a part on success?

**Introduction**

The lack of motivation in life makes it very hard for any person to accomplish their goals as well as achieving the much-deserved internal happiness. The main question people usually ask is how they can achieve their desired goals if at all, they lack motivation. It is also hard for a person to experience happiness as well as internal satisfaction if all they ever do is spend much of their time working on pleasing the people around them to receive praise from them. People ought to focus on personal goals that bring their happiness. The importance of motivation is based on the fact that human beings get exhausted after a while, and they end up losing the desire to continue doing the same tasks that they were doing since they are exposed to burnouts. This paper, therefore, highlights the critical role that motivation plays in helping someone succeed in whatever goals they have.

**Role Of Motivation In One’s Life**

Motivation helps in increasing your energy levels. One’s entire body is pumped up with adrenaline which increases the energy levels and will to complete the goal. A good example is when a person is working on an exciting project, they rarely give up or get tired. When one is partying, one can comfortably dance the whole night away without it being much of a problem, but if one is attending a gym workout session which is highly disliked by most people, one would easily struggle even to last an hour exercising (Zambas, 2019). When one has autonomy over their daily tasks and targeted goals, they instantly have their energy increase as they become passionate and more focused. This proves that motivation can help one perform better in their daily tasks due to the rise in their energy levels.

Motivation brings happiness in that it gives you the determination to get or achieve something like securing a new job or even losing weight. One finds out that after attaining their desires, they feel happy about themselves and the goals that they have achieved. In as much as the desire for success is what causes one to seek motivation, happiness is usually the underlying desire that leads to one being highly motivated(Zambas, 2019). Setting up small progressive goals and being satisfied with each gradual improvement is the main factor that will ensure the growth of both one’s happiness and motivation.

The research was done by Dr Anders Ericsson and found out that motivation is considered to be the main contributor to the success and that success is only achieved through higher performance(Zambas, 2019). If an individual understands what motivates them better, he/she ends up performing much better as well as achieving his/her goals quickly and with a lot of ease. Another study revealed that rewarding people an immediate bonus for having done an excellent job on a specific task rather than waiting until they finish that particular task motivates them which in turn increases their interest and enjoyment in whatever task it is that they are doing. So, an individual should come up with a self-rewarding system for one’s self as this will help them in staying motivated to work on their goals. The self-rewarding system doesn’t have to be anything significant. It can be something as simple as rewarding yourself with a mug of coffee or even a bar of your favourite chocolate.

Motivation helps a person in remaining committed to their efforts in achieving their goals(Maxwell, 2006). This is because a motivated person will always want to do something that leads to their targeted goals as the motivation they have, increase their energy levels. Doing something perfectly feels easy if you are motivated to do it in the first place. A good example is Thomas Edison, who is credited with the invention of the light bulb. He had so many failed trials in coming up with a light bulb. He was quoted saying, “I have not failed; I’ve just found 10,000 ways that won’t work” (Steinmayr&Spinath, 2009). One should always remind him/herself of the importance of staying motivated as this will guarantee their overall success in whatever activities they are undertaking. So, one can easily say that motivation helps in increasing one’s commitment.

Motivation is credited with helping one manage the daily challenges that one encounters on their daily efforts to achieve something. This is achieved through efficiency, which is brought about by motivation. A well-motivated person is usually well organized as they know how to allocate time in their schedule to the specific task that they are doing with each job having a set deadline of completion. This is so unlike the people who lack motivation as they cannot stick to a specific plan or way of doing things and in most cases, end up procrastinating. A good example is an act of sleeping early and waking up on time. If you love what you do and you have the motivation to do it, you’ll find yourself waking up early and starting your day’s activities on time. Still, if you lack that motivation, you’re probably going to want to hit that snooze button several times and in the process waste a lot of time.

Motivation helps one grow as a person as it enhances self- development. This happens when one achieves the goals that they have set, as this makes one feel more inspired and motivated to push yourself further and aim for greater things to accomplish. Self-development helps one to understand one’s goal more clearly. This helps one work on goals that benefit them as well as humanity at large. A good example is Steve Jobs. As mentioned by Newman (2002), Steve was amazed by the power of the computer from when he was a young man. The fact that he was self-motivated helped him to clearly define his goals which had everything to do with revolutionizing the world of computers. Thanks to him, the world enjoys the service rendered by portable computers which fit in our pockets perfectly.

A self-motivated person is a person ho always has confidence in his ability to achieve his/her goals. Success is brought about by the motivation to do something (Nilsson &Stormberg, 2008). Confident people are not afraid of getting out of their comfort zone and try new things as well as take on new challenges. Taking a risk doesn’t limit your chances of success. This does not mean that one should entirely abandon their daily routine. One can always try out something new while at the same time, still excelling in their daily routine. Giving a try to something new like a business might turn out to be a good thing at the end. So, it’s always good to have confidence as that will make you a good risk-taker.

**Conclusion**

One can easily conclude that motivation is essential in aligning one’s self on the path that leads toward their dreams. The fact that human is prone to getting tired or even bored in doing their daily task, it’s always good that they seek self-motivation as this will guarantee their success in whatever they do. The need for perseverance as well as clarity of goals and focus comes when one seeks motivation which enables us to be successful people.

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