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 butt from oneself 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 bigger 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