



Motivation: Creating a Personal Reward System





Motivation

The process that starts, guides, and maintains goal-oriented behaviors. This describes *why* a person does something; the driving force of actions.

Intrinsic Motivation

Defined by the American Psychological Association, "an incentive to engage in a specific activity that derives from pleasure in the activity itself, rather than because of any external benefits that might be obtained."

Examples of Intrinsic Motivation:

- Cleaning your house because you enjoy a tidy space.
- Going for a run because you find it relaxing or trying to beat a personal record.
- Painting a picture because you feel calm and happy.
- Exercising because you enjoy physically challenging your body.



Extrinsic Motivation

Motivation driven by external rewards. Individuals will continue to perform the task even when the task itself may not be rewarding. Rewards may be tangible, money or grades, or intangible, such as praise or fame.

Examples of Extrinsic Motivation:

- Doing schoolwork to earn a good grade.
- Competing in a soccer tournament to receive a trophy.
- Using a particular credit card in order to receive cash back.
- Cessation of tobacco to improve health and save money.



Why is it important?

Motivation will allow you to:

- Increase your efficiency as you work toward your goals.
- Drive you to take action.
- Encourage you to engage in health and fitness oriented behaviors.
- Help you avoid unhealthy behaviors such as risk-taking and addiction.
- Take control of your life.
- Improve your overall well-being and happiness.



Creating a Reward System

A personal reward system provides motivation, builds self-esteem, and reinforces positive habits. Set achievable goals and rewards to stay on track.

1. Set a SMART Goal
2. Make a strategic game plan
3. Reward yourself as you make those accomplishments



1. Setting



Setting SMART goals can create a roadmap to success. These goals should be Specific, Measurable, Achievable, Realistic, and Timely.

- Provides focus and direction
- Gives you the **Motivation** to succeed
- Sense of satisfaction

Tips with setting SMART Goals:

- Set mini goals each week to help you take steps towards your end goal.
- Make sure to track your progress as you work towards this goal.



2. Make a Game Plan

Creating a calendar or a checklist will allow you to stay on track for that goal of yours. Once you reach an achievement of a mini goal or end goal, check it off.



3. Reward Yourself

Set rewards for each goal you achieve. Small rewards help you stay motivated to reach your goal.

Remember, YOU are in control!

Reward Ideas:

- Buying a new book
- Self-Care Day/Massage
- Tickets to a concert or sporting event
- Enjoying a meal with a friend or family member



References:

- <https://www.verywellmind.com/what-is-motivation-2795378#:~:text=The%20term%20motivation%20describes%20why,get%20that%20promotion%20at%20work>
- <https://positivepsychology.com/intrinsic-motivation-examples/#intrinsic-motivation>
- <https://www.excelsior.edu/article/types-of-motivation/>

Thank You!

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