



## **Motivation Workshop Discussion Notes**

### **What does motivation mean to you?**

- It's what inspires you to get things done
- Looking at challenges, not problems
- Finding solutions
- Working towards a goal
- Having the 'get up and go'
- Morning activities
- Doing something that makes a difference
- What are your motives?

### **Why is motivation important?**

- Life could become stagnant without it
- It's linked to enjoyment
- It's the feeling of achievement when we've reached a goal
- Getting stuff done
- Demotivation doesn't feel good

### **What can affect our motivation levels?**

#### **Positive**

New ideas  
Familiarity  
Energy  
Feeling refreshed  
Good health  
Being focussed

#### **Negative**

Level of interest  
Other people (involved / interaction)  
Repetition  
The unknown  
Feeling tired  
Illness/Bad health  
Distractions  
How busy we are



### **How can we elevate or boost motivation?**

- Checklists (listing next steps)
- Having a goal and a time frame
- Take a break!
- Pause and come back to any given task later
- Talking to others and having personal interactions
- Having a fresh perspective
- Coffee!
- A change of task/scenery

### **What are your key takeaways/actions?**

- What motivates me in different parts of my life
- I am surrounded by others to share motivation
- Goals and lists
- 'Frogger'
- Changing the way I react to things