

SELF-MANAGEMENT SKILLS

Class X , Ch-2 Self- Management Skills:II(IT
#402)

Session 3: Self-motivation

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Learning Outcome of this Session

After completing this session, you will be able to

- explain the meaning of self-motivation.
- identify types of motivation.
- list the qualities of self-motivated people.
- list the steps to build self-motivation.

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Session 3: Self-motivation

1. Explain the meaning of self-motivation.

Ans: Self-motivation is simply the force within you that drives you to do things. Self-motivation is what pushes us to achieve our goals, feel happy and improve our quality of life. In other words, it is our ability to do the things that need to be done without someone or something influencing us.

2. Identify types of motivation.

Types of Motivation



Internal Motivation: LOVE

We do things because they make us happy, healthy and feel good. For example, when you perform on your annual day function and you learn something new, such as dancing, singing, etc., you feel good.



External Motivation: REWARD

We do things because they give us respect, recognition and appreciation. For example, Suresh participated in a 100m race and won a prize. This motivated him to go for practice every morning.

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3. List the qualities of self-motivated people.

Ans: There are some typical behaviours seen in self-motivated people which are as given below:



1. Know what they want from life



2. Are focussed



3. Know what is important



4. Are dedicated to fulfill their dreams

Qualities of self-motivated people

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4. List the steps to build self-motivation.

Ans: There are four steps for building self-motivation, which are as given below.



Building self-motivation

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Quick Recap of This Session

Write the four steps for building self-motivation?

Answer: - four steps for building self-motivation: -

Step 1: Find out your strengths

Step 2: Set and focus on your goals

Step 3: Develop a plan to achieve your goals

Step 4: Stay loyal to your goals.

Explain types of motivation.

Internal Motivation: LOVE

We do things because they make us happy, healthy and feel good. For example, when you perform on your annual day function and you learn something new, such as dancing, singing, etc., you feel good.

External Motivation: REWARD

We do things because they give us respect, recognition and appreciation. For example, Suresh participated in a 100m race and won a prize. This motivated him to go for practice every morning.

What is Self-motivation?

Answer: - Self-motivation is simply the force within you that drives you to do things. Self-motivation is what pushes us to achieve our goals, feel happy and improve our quality of life. In other words, it is our ability to do the things that need to be done without someone or something influencing us.

SELF-MANAGEMENT SKILLS SESSION 3

Write the Qualities of Self-motivated People.

Answer: Qualities of Self-motivated People: -

1. Know what they want from life
2. Are focused

Know what is important

Are dedicated to fulfil their dreams

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Home Assignment

A. Multiple choice questions

Read the questions carefully and circle the letter(s) (a), (b), (c) or (d) that best answers the question.

1. What makes you complete work or studies without others cheering you?

- (a) Self-confidence
- (b) Communication
- (c) Self-motivation
- (d) Self-esteem

2. Which of the following are types of motivation?

- (a) Internal
- (b) Intermediate
- (c) External
- (d) Extensive

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Home Assignment

3. Ravi works hard to get the best student award at the end of year. What type of motivation is this?

- (a) Internal
- (b) External
- (c) Both internal and external
- (d) Not any specific type of motivation

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THANKING YOU

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