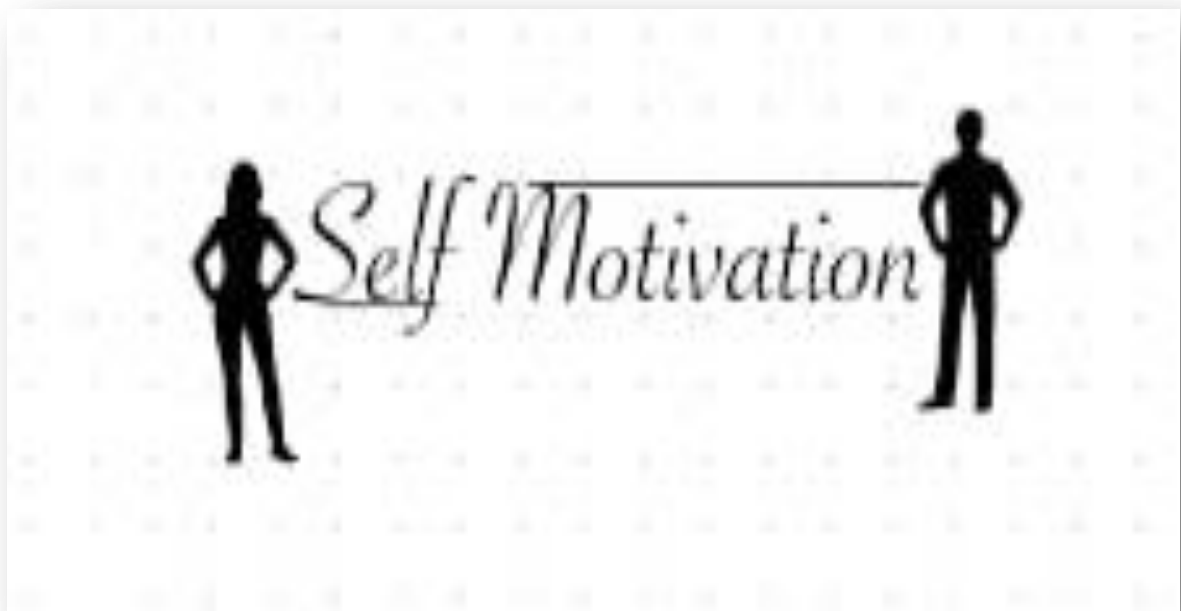


Self-Motivation For Academic Success



Preview

Today, as I wake up actively and enthusiastic after I had my delicious coffee and short meditation I felt that I am motivated to my tasks and schedule .

The daily exercises as practicing sport, pray for god , meditation ,healthy breakfast and self-positive talks give me more motivational energy .

This Motivational energy plays an important role in my personal life , at work and plays an important in academic success because the motivation for students make them excited to get their goals , achievements and high marks.

In my experience when I motivate my students ,I noticed a big change in their behavior ,enthusiasms and their feeling .

The motivation can change the mood and emotional status to move forward and change the self-image about themselves they see themselves different image , more powerful ,more knowledgeable , more cooperative

have responsibility and the spirit of partnership .

In my assignment I explain four parts about self-Motivations in Academic Success .

(Part 1)

The nature of self is motivation.

(Part 2)

How Men and Women motivated differently.

(Part 3)

Motivation is a power .

(Part 4)

The strategy of Motivation in academic success .

Part 1

The Nature Of Self is Motivation

The best work flows from us effortlessly , Allow the gifts of spirit to come to you .

Deepak Chopra

The nature of ourselves is Motivation as motivation is a main part of leadership character .

When I was in a high School I was always motivated by my dear teachers and I was a good leader in my school and studying .

I participated in different activities as sport, scientific research and having trips to historical places as Petra ,The Dead Sea and Aqaba.

My motivational nature made me adventurous to make new things and participate in different competitions as the international award of Creative literature and leadership activities .

The motivation makes the students and participants more leader and more controlling of their emotions .

When our students have the leadership qualities , they will Moreno you creative motivated .

If every student follow the way of conscious steps of leadership , their Motivation will increase and affect on their atmosphere .

I will discuss how the student be aware leader :

From the book Leadership by Deepak Chopra .

When your mind and heart are truly open abundance will flow to you effortlessly and easily.

Being the successful Leader .

1. L is for “Look and Listen” .

When you’re just stepping into a leadership position, take a moment to look around and notice your surroundings .

What are the people on your team prioritizing and spending their time on?

It might even help to schedule individual meetings with each person on your team.

This will help you stay informed when establishing a vision for where you want your organization to be.

2. E is for “Emotional Bonding” .

Respected leaders take the time to build meaningful relationships with their colleagues and team.

Ask about the families of those you work with, but be careful not to inquire about anything too personal.

Know your boundaries.

Remember their birthdays, ask them how their day is going and schedule a lunch or all-hands company meeting to answer questions.

Share personal stories from your life.

Let people see you are who you really are – not as some autocrat, but someone who is relatable and of equal value.

3. A is for “Awareness” .

As a leader, you must have situational awareness, which simply means being observant of your immediate surroundings.

Being aware will help you obtain information critical to your success.

You can enhance your understanding by conversing regularly with your colleagues through recurring meetings, reading about your organization in the news and “walking the halls” of your company to learn about what’s on people’s mind.

4. D is for “Doing” .

Leaders must act.

Don’t just analyze a situation, as that can result in a paralysis where no decision is made.

When you take an action, others will notice.

Listening to your colleagues and forming deep emotional bonds will give you the clarity and confidence to implement smart decisions.

When you take an action, others will notice.

5. E is for “Empowerment” .

Never let the power get to your head.

Let other people make decisions for themselves.

By trusting your team members, you enable them to grow and determine the right path.

When people achieve for themselves, they will feel a sense of personal fulfillment.

Many times, you can set the priority and allow your team to make the right decisions:

“Let’s boost sales by 10 percent. I trust you to come up with a plan.”

6. R is for “Responsibility”

The buck stops with you as a leader.

If something goes wrong, be the first to take accountability before turning the page.

Never be afraid to say, “I made a mistake.”

When your organization sees that you are capable of admitting fault, you will instill a more forgiving culture in which people are more honest and less afraid to fail or speak up.

7. S is for “Synchronicity”

When you lead with your soul, you radiate positive feelings.

As a result, small gifts will come your way.

Maybe a colleague will be inspired by your vision and go the extra mile.

Or your success as a leader earns you industry-wide recognition.

By planting seeds, you will see the flowering of opportunities.

This is synchronicity – when unrelated good things start to happen.

Part 2

How Men and Women motivated differently

According to my experience in training and teaching ,I noticed that male students motivated differently from female students .

The male students motivated when they feel needed " giving ,solving problems, leading " proving themselves but the female students motivated when they feel loved , cherished ,connected and feeling of emotional safety.

As the famous author John Gray explained in his book .

The men from Mars and the women from Venus how the men and women think , feel, respond, motivated and communicate differently because of the difference of the affect of hormones as hormone testosterone in men and hormone Estrogen in women ,when we realise how everyone motivated differently we can make more quiet atmosphere and learning them the conscious communication .

Part 3

The motivation is power

When our students be more motivated by themselves or by supporting and encouraging their motivational person ,they will affect and communicate powrfuly.

The motivation is power , its source is fulfillment and experience the good emotions as peace, love ,courage, acceptance, reason ,joy and Enlightenm , as Doctor David Hawkins mentioned in his book power versus Force that conscious and change is from power energy from inside not from outside and controlling or fear, anger and shame .

The motivated person is highly on power and conscious way in communication and behavior .

Part 4

The Strategy of Motivation in Academic Success

Sometimes the students, teachers and Doctors in Academic place or the times of achievement feeling unmotivated and inspired as the nature aspect of human behavior to become bored with routine or lackluster about less appealing parts of academic field .

So there are many proven ways that help the academic field's participants stay motivated at their work .

1/ Prioritize the tasks for the students .

As making to _do list for the day and week , identify those tasks that have the closest deadline and make the most impact on the progress of students .

2/ Reminding the students to read motivation articles as fuel their positive energy with success stories and positive experiences of others by reading inspirational articles .

3/Boosting the mental state with positive Affirmations .

As positive affirmations are powerful tools that help the students to accomplish their goals and being more motivated and productive at learning .

4/Rewarding the student for their wins as a victory that Push them closer their goals and celebrated .

The motivation is so important and strengthen the horizon of students to creative more ,focus , communicate clearly and continue achieving their dreams .

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The sources :

1/ The power Vs Force / David Hawikens

2/ The leader / Deepak Chopra

3/ The men from Mars and woman from Venus / John Gray

4/Motivation / Brian Tracy