

Job Aid

Techniques for Developing Self-motivation

Purpose: Use this job aid as a reference guide to the different techniques for developing self-motivation.

Techniques for self-motivation

Techniques	Characteristics
Serve as an example	<ul style="list-style-type: none"> Set goals Keep on schedule Prioritize tasks Use role models Set a good example Learn from what goes right and wrong
Communicate	<ul style="list-style-type: none"> Create a personal purpose statement Listen actively Ask questions Repeat what you hear Make eye contact Incorporate good ideas Learn from mistakes
Challenge yourself	<ul style="list-style-type: none"> Look for challenges that develop talent Improve and overcome weaknesses Develop existing skills Stimulate creativity
Self-empowerment	<ul style="list-style-type: none"> Allow yourself to accept the next challenge Competence improves Increased responsibility
Educate yourself	<ul style="list-style-type: none"> Educate yourself in weaker areas Brush up in areas you may have neglected for a while.

Techniques	Characteristics
Recognize achievements	Reward yourself for wins large and small Give yourself and others recognition
Give up time	Mentor someone
Inspire	How people inspired others Exemplify virtues in your own life

Course: Assessing Your Own Leadership Performance

Topic: Motivating Yourself as Leader: Lead and Listen

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