

POSITIVE PSYCHOLOGY CLUB

***PSYCHOLOGY OF  
MOTIVATION***

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Ice Breaker Time!

## Let's Chat

- WHAT'S 1 GOAL YOU HAVE FOR YOURSELF THIS YEAR?
- WHAT'S GETTING IN THE WAY OF YOU REACHING THIS GOAL?
- WHAT WILL IT FEEL LIKE ONCE YOU'VE REACHED THIS GOAL?

LACK OF A CLEAR PATH TO REACH OUR GOALS

FEAR OR FAILURE

OVERWHELM AND STRESS CAN LEAD TO BURNOUT

MENTAL HEALTH

## **WHAT UN-MOTIVATES US?**

MOTIVATION COMES AND GOES

LACK OF ENJOYMENT WORKING TOWARDS THE GOAL

# SO WHAT MOTIVATES US THEN?

- 1. EXTRINSIC: THE DESIRE TO PERFORM A CERTAIN BEHAVIOR BASED ON THE POTENTIAL EXTERNAL REWARDS.
  - WORKING EXTRA HOURS FOR A BIGGER PAYCHECK
  - WORKING OUT SO YOU CAN LOSE WEIGHT
- 2. INTRINSIC: INTEREST AND ENJOYMENT OF PURSUING THE GOALS.
  - WORKING EXTRA HOURS BECAUSE YOU LOVE YOUR JOB AND ITS FUN FOR YOU
  - WORKING OUT BECAUSE YOU LOVE PUSHING YOURSELF AND NOURISHING YOUR BODY

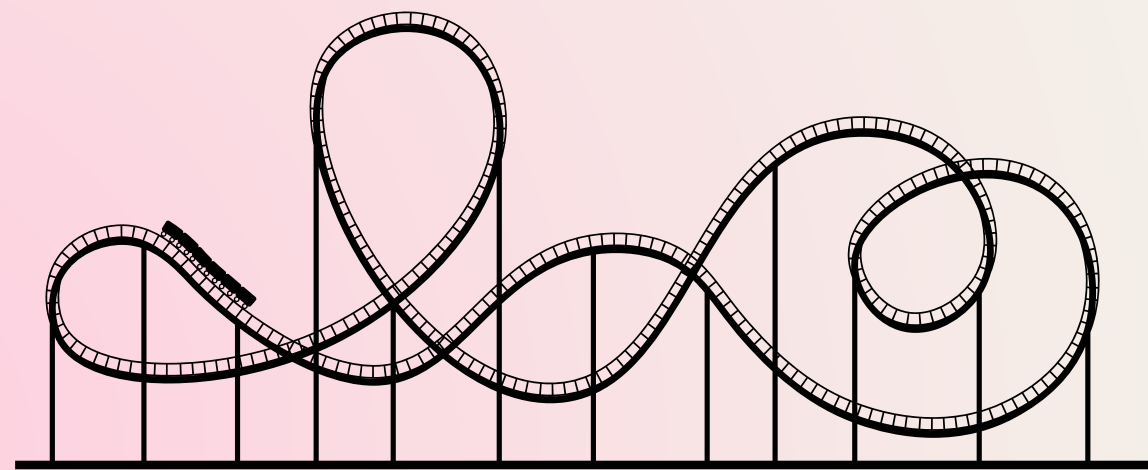
# BENEFITS OF BEING INTRINSICALLY MOTIVATED

1. MORE PERSISTENT
2. MORE CREATIVE
3. HIGHER CONCEPTUAL LEARNING
4. HIGHER SELF-ESTEEM
5. LOWER ANXIETY AND DEPRESSION

OVERALL BETTER PSYCHOLOGICAL WELL-BEING

# HOW CAN WE LEARN TO ENJOY THE PROCESS?

- REFRAME THE WAY YOU SEE YOUR GOAL
- PRACTICE BEING DISCIPLINED
- FIND FUN WAYS TO REACH YOUR GOALS
- GIVE YOURSELF REWARDS
- REMEMBER YOUR WHY



MOTIVATION



DISCIPLINE

**little  
achievements  
lead  
to  
big  
results**

## 7 DAY MOTIVATION CHALLENGE

1. BREAK YOUR BIG GOAL INTO 3-4 FUN MINI GOALS.
2. AT LEAST 2 OF THEM NEED TO BE SOMETHING YOU CAN DO EVERYDAY.
3. FIGURE OUT LITTLE REWARDS YOU'LL GET FOR ACCOMPLISHING THE MINI GOALS, AND ONE BIGGER REWARD FOR THE ULTIMATE GOAL
4. COMMIT TO DOING THESE THINGS FOR 7 DAYS STRAIGHT AND SEE WHAT HAPPENS.

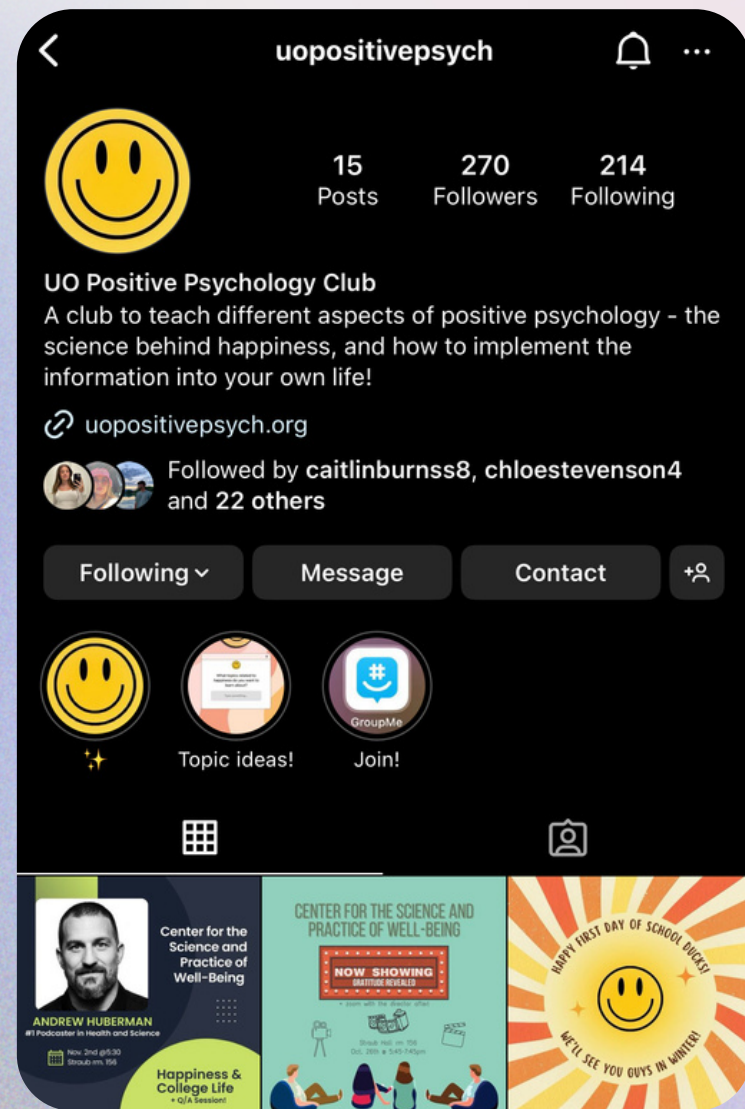


TIME TO VISUALIZE IT  
BECOMING REALITY

# TAKEAWAYS FROM TODAY

1. BREAK YOUR GOALS INTO SMALLER GOALS
2. REWARD YOURSELF
3. VISUALIZING THE PATH TO ACHIEVING YOUR GOALS IS IMPORTANT!
4. HAVE CONFIDENCE - YOU REALLY TRULY CAN DO IT!

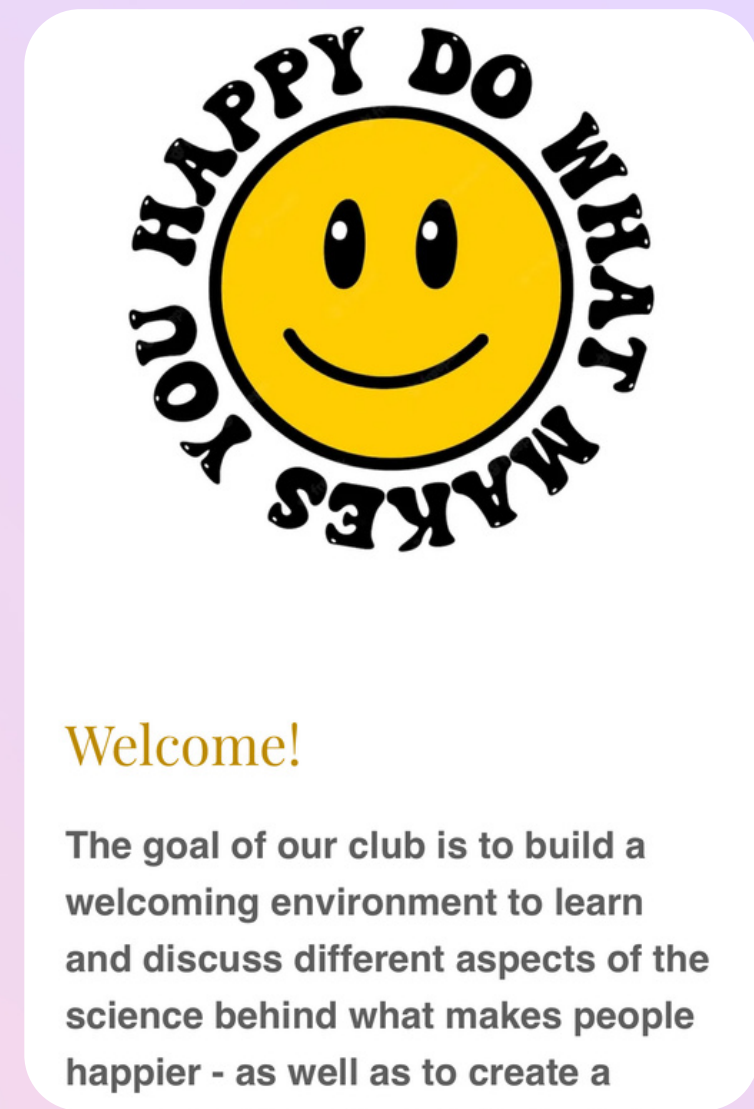
# KEEP IN TOUCH!



**Instagram:**  
[@uopositivpsych](https://www.instagram.com/uopositivpsych)



**GroupMe:**



**Website:**  
[uopositivpsych.org](https://uopositivpsych.org)

# RESOURCES

- 2023 PODCAST:
  - THE SCIENCE OF MAKING - AND KEEPING - NEW YEARS RESOLUTIONS - 10% HAPPIER
  - GUEST: HAL HERSHFIELD, PROF OF DECISION-MAKING, UCLA
  - MAIN POINTS:
    - CONNECT WITH YOUR FUTURE SELF EMOTIONALLY
    - START WITH SMALL, OBTAINABLE GOALS
    - 40% OF PREMATURE DEATHS DUE TO LACK OF BEHAVIORAL CHANGE
    - “WILLPOWER IS OVERRATED” - ENJOY WHAT YOU DO
    - ‘EMERGENCY RESERVE EFFECT’ - ALTERNATIVES TO ‘RIGIDITY’
- 2018 NIH STUDY:
  - NEUROSCIENCE OF GROWTH MINDSET AND INTRINSIC MOTIVATION
  - MAIN POINTS:
    - THOSE WITH GROWTH MINDSETS ARE MORE LIKELY TO NEUTRALIZE NEGATIVE FEEDBACK
    - GROWTH MINDSET CAN HELP INCREASE INTRINSICALLY-MOTIVATED BEHAVIORS
    - INTRINSIC MOTIVATION PLAYS IMPORTANT ROLE IN COGNITIVE CONTROL
      - EX: INTRINSIC MOTIVATION CAN BE CONDUCIVE TO STICKING TO A NEW HABIT/GOAL
      - EX: EXTRINSIC MOTIVATION MAY CARRY SHAME AND EXTERNAL VALIDATION, THUS LESS COGNITIVE CONTROL
    - GROWTH MINDSET INCREASES POST-ERROR ACCURACY, AND STUDENTS HAVE SHOWN TO MAKE MORE MEANING OUT OF MISTAKES
    - INTRINSICALLY MOTIVATED INDIVIDUALS ARE MORE SELF-REGULATED AND RESILIENT