

Motivation is a fundamental aspect of life. Motivation in its simplest form is the drive from within oneself to perform what is expected in order to meet certain goals or objectives. Motivation can be classified into internal and external motivation with differences pertaining as to how we acquire the motivation. External motivation or induced motivation is a form of motivation that we outsource from our interaction with the environment. External motivation can be derived through; listening to a motivational speech, encountering a motivational piece of art that arouses your attention and gives you an idea about something, reading a motivational book, or watching a motivational video, any experience that we encounter, perceive with our human senses and it leads to a sort of elevated drive within ourselves could be identified as external motivation. Internal motivation or self motivation on the other hand, is the kind of motivation that comes from within oneself.

Self motivation is derived from our thinking, our feeling, our discipline, our ambition, our hard work, and all factors that come into place to make us better than we are, these could include our courage, our determination, our level of endurance. Self motivation is tied to our perception about life. Perception is all about our level of awareness with regards to our environment. Our perception defines our attitude and our attitude is what pushes us to conduct our daily activities of life, far as our routine and our schedule is concerned. Attitude lays the background for all other aspects that define our human nature. Without the proper attitude we end up having the wrong perceptions about life and therefore, we end up lacking self drive. Low self drive is low self motivation. Our output becomes minimal if not meaningless.

Self Motivation is tied to discipline. Discipline is the adherence to principles and rules that guide as well as enable us to carry out what we are obliged to do in order to safeguard our welfare or status. Discipline is exercised by our willingness to follow our own personal set of precepts, and our readiness to constantly re-evaluate our progress. Discipline is the driving force behind all the accomplishments we intend to achieve in life. Discipline is what tells us what to do and when to do, thus improving our overall life organization. With great discipline comes great motivation. When we develop a higher sense of self discipline, our general perspectives about life begin to change. We get more attracted towards doing that which is required to achieve our objectives. Discipline compliments motivation.