

Activity 2.3

→ i) I have a list of desires in activity 1. So in accordance to those desires mentioned, we can identify the primary source of motivation. The primary source of destination can include sensation, preconditioning or natural acceptance. So according to the desire listed, categorization leads to the following:

- Sensation: Good Health (By eating good food)
- Preconditioning: —
- Natural acceptance: Wealth, fame, success, Happiness, Good Job, Study abroad, peace, good relationship.
- Motivation is generally described as the force that decides us to pursue a goal and it is a starting point of all choices. People are a mix of motivation and they are motivated by different desires. These primary sources of motivation help us to appreciate the complexity of how to motivate human beings.

→ a) Most of the desires are motivated by natural acceptance. The main percentage of my desires is motivated by natural acceptance. It contributes about 98% - 99%.

→ b) The percentage of my desires that are motivated by sensation or preconditioning are 1% - 2%.

→ 2)	Date	Illness	Type	Stee taken	Root cause
	From past few years	cold	Body related	Medicine	Climate change, cold water, etc.

→ Earlier in life I was very ignorant regarding my body and never focused on a healthy lifestyle. I would like to include both physical and mental aspects. My daily schedule would be mixture of academics and exercise accompanied by Yoga for about 15 min.

(a) Healthy intake: I drink 5 litres of water daily and try to keep up with my diet.

(b) Timings for upkeep of Body: I approximately sleep around 1:00 am at night and wake up according to college time.

(c) Exercise: I regularly visit gym which helps me to maintain my body.

(d) Balancing internal and external organs: By consuming right and healthy diet appropriate for my body, internal organs are balanced.

(e) Medicines, treatment: I spend 5-10 min on medicine related to my skin.

→ If I continue following this schedule, it will make me more productive and it will take me a step closer to a healthy lifestyle. By this exercise, I come to know about how I spend my day, and where I invest my time.

→ 2) The items which I can include in inventory could be clothes, watches, shoes and vehicles.

⇒ Clothes: My closet includes sufficient clothes which I could put on and it does not make me feel deprived.

⇒ Watches: I have 4 watches. All of them are of different style and brand. But I wear only 2 of them.

⇒ Shoes: I have 4-5 pairs of shoes i.e. because I have a great liking for shoes. And I feel prosperous as my wish of buying shoes is fulfilled.

⇒ Vehicles: My home has 2 vehicles which I think is sufficient and a feeling of prosperity arises.

→ Every human being is different from the other not only in aspects of facial looks but also mood, desires, behaviour and approach towards life. We can understand a human being based on role of physical facility and his feeling of self regulation.

→ The basic family needs include ration, some electrical appliances such as fridge, microwave, TV, etc. If there is a great visit or any other function the ration needed may rise but on a daily basis it remains normal. But according to me a abstract physical that a family needs is love from all its members and quantity can increase by leaps and bounds by each passing day.