What is Motivation?

Parents always ask me: my child is not motivated to do studies..what should I do?

Most people know what to do. If you ask people on the street, they will give you all the right answers. But ask them if they are doing it? Probably not. What is missing is motivation.

Motivation is a drive that encourages an action or a feeling. To motivate means to encourage and inspire. In other words, motivation can be defined as motive for action. It is a force that can literally change your life.

The question is, can we motivate people? The answer is Absolutely Not! What we can do is inspire them. Why? Because motivation is action. I cannot act for you. You have to act for yourself. Inspiration is thinking and when thinking changes, it starts reflecting in your behavior.

Motivation – How does it Work?

Motivation is of two types: External and Internal.

External motivation comes from external or outside forces. For example you are trying to impress your supervisor or you want a reward from your work. In this type of motivation the outside forces control your life. If you imagine being in a car, then External motivation is like you are a passenger in the car and someone else is the driver (the external forces).

Internal motivation on the other hand is the inner gratification, not for success or winning, but for the fulfillment that comes from having done something. Internal motivation is lasting, because it comes from within and translates into self-motivation. So if you imagine being in a car, then Internal Motivation is like you are the driver of the car – completely in control.

It raises two major questions: Why do people get demotivated? And Who or what motivates the motivator?

The most powerful motivation comes from within our belief system. To move into action, we need to believe in what we do and accept responsibility for our lives. When we accept responsibility for our behavior and actions, our attitude towards life becomes positive.

<< Presentation in the background with images corresponding to the lecture..taken from swamiji’s belief video>>

Our belief system is the most incredible. Henry Ford said “Whether you think you can or you think you can’t you are right”. Do you believe you will succeed or do you believe you will not in both ways you are right. If you believe you will succeed, it will change the way you think, it will change the way you utilize your physical and mental intellectual resources, the optimism will get generated, the conviction and undying enthusiasm will make you succeed. And if your belief is I will never succeed then also you are right..because you will not be able to use your 630 muscles and 205 bones and this brain which has 100 billion neurons! Our beliefs that we install within us, they enable the control and through those beliefs we unconsciously control the whole system without realizing it.

You know a lot of motivational coaches give example of this 4 minute mile.

Upto 1952 human kind believed that nobody can run the mile in less than 4 minutes. There was a 4 minute barrier to the mile and for a 1000 years varieties of arguments had been given: Our lung capacity is just not enough to run in less than 4 minutes. Our muscles are not strong enough. People believed they can’t do it. They could never do it. Then came this person called Roger Bannister. Roger Bannister, he broke through the 4 minute mile barrier in 1952 changing people’s beliefs. All of sudden people started to believe, it can be done. And what was the consequence of the change in belief? In that very year, 27 people, apart from Roger Bannister broke the 4 minute mile barrier. Suddenly they had this ability to break it. And the next year 215 people broke the 4 minute mile barrier. Beliefs have such tremendous effect upon us.

So our belief is one of the most powerful motivator.

To inspire intrinsic motivation as a daily part of education, we must nurture the conditions of student growth through:

* Autonomy
  + Having a degree of control over what needs to happen and how it can be done. Basically finish what you start and how to finish it.
* Competence
  + Feeling that one has the ability and be successful in doing it.
* Relatedness
  + Doing the activity helps them feel cared about by people whom they respect. Basically get recognition and respect.
* Relevance
  + The work must be seen by students as interesting and valuable to them, and useful to their present lives and/or hopes and dreams for the future.

One of the most powerful lessons that I have learned is to Finish what you start. Why is this important? Because to finish what you start requires discipline. And discipline requires consistent and focused action. You need to have a degree of control over what needs to happen and how it can be done.

In order to finish what you start, we need to have goals. However in order to achieve a goal, we need to have short term goals and long term goals. Having goals and meeting those goals is an important factor in self-motivation.

<<Lets watch a video on this>>

When we talk about finishing what you start, today we have live examples of students who have endured this long term kumon journey. Some of these kids have been with me for 10 years!! They started with me when they were 3 and now they are in their teens. Yes, I am talking about the kumon graduates! This year we have <<XX>> number of graduates. All Graduates, please stand..

Please give them all a round of applause!! Some of these graduates will be sharing their thoughts about their kumon journey…

<<Graduate Awards>>

So continuing with our thoughts on motivation..we covered finish what you start. The next factor which plays an important role is ‘Competence’. Competence is the feeling that one has the ability and be successful in doing it. And in order to be successful at doing something, we have to do it consistently with discipline. Constant Practice is key to success.

When someone asked tiger woods, what’s the secret of your success? He said 3 words. Practice. Practice. Practice.

So let me ask you all something. If you play soccer everyday for 10 hours for 5 years, what would you become after 5 years? Ronaldo, Pele? Maybe..or Maybe Not. But you will definitely become better at soccer. Right?

If you practice basket ball for 10 hours every day for 5 years…what would you become after 5 years? Michael Jordan? Maybe..or Maybe not. But you will definitely become better at Basket ball…Right?

So if you do your Kumon every day for 5 years..what would you become after 5 years? Maybe you graduate from the Program..or Maybe Not. But you will definitely become better at Math and Reading..Right?

With practice, we get Better at and GREAT at what WE PRACTICE with GREAT FOCUS OVER A LONG PERIOD OF TIME!

The wall of a well is made of stone and the rope to draw the water is made of grass, but the constant moving of the rope on the stone has such an effect that even the stone develops a groove in it. That is the power of repetition and constant practice.

<< Motivational Video>>

<https://www.youtube.com/watch?v=a-juqUSfL2I>

<<AWARDS DISTRIBUTION>>

So Continuing our motivation topic, we have so far covered Finish what you start and Constant Practice.

The next factor which controls the student motivation is relatedness - Doing an activity helps us feel cared about by people whom we love and respect. Basically we crave to get recognized for the work we put in.

We nourish the bodies of our children and friends and employees, but how seldom we nourish their self-esteem? We provide them with good food to build energy, but we neglect to give them kind words of appreciation that would sing in their memories for years like the music of the morning stars.

There is a story about a blind boy named Stevie Morris in a classroom in Detrioit. One day in his class, while doing an experiment, a mouse escaped and everyone was trying to find it. The teacher specifically asked Stevie to help them find the mouse that was lost in the classroom. You see, she appreciated the fact that nature had given Stevie something no one else in the room had. Nature had given Stevie a remarkable pair of ears to compensate for his blind eyes. But this was really the first time Stevie had been shown appreciation for those talented ears. Now years later, he says that this act of appreciation was the beginning of a new life. You see from that time on, he developed his gift of hearing and went on to become, under the stage name of Stevie Wonder, one of the great pop singers and song writers of the seventies!!

One of the most neglected virtues of our daily existence is appreciation. Somehow we neglect to praise our son or daughter when he or she brings home a good report card, and we fail to encourage our children when they first succeed in baking a cake or building a birdhouse.

Nothing pleases children more than this kind of parental interest and approval.

The next time you enjoy some dish at a restaurant, send a word to the chef that it was excellently prepared, and when a tired sales person shows you unusual courtesy, please mention it.

But how do you appreciate? Yes…there are right and wrong ways to show your kids the appreciation.

<<Lets have a small quiz for parents>> Parental Quiz

<https://www.youtube.com/watch?v=L2S7HkWHkWs>

https://www.youtube.com/watch?v=onCTofE7Y7A

https://www.youtube.com/watch?v=iYynJ7E5KGQ

https://www.youtube.com/watch?v=Mt0sq8MVAU4

https://www.youtube.com/watch?v=gzx3qhEgyZQ

https://www.youtube.com/watch?v=Xc7XciKsgd4

encourage effort: https://www.youtube.com/watch?v=cRGPt0rYL1k

https://www.youtube.com/watch?v=P0OGifk7boE&t=182s

belief: https://www.youtube.com/watch?v=CP1KqQ5stZo

https://www.youtube.com/watch?v=a-juqUSfL2I - Practice

https://www.youtube.com/watch?v=foCN0-AeOX8

https://www.youtube.com/watch?v=Sf3oMy7-e-I - Consisten Effort