

What is Motivation?

- Motivation is a psychological **force** that facilitates action.
- Motivation occurs through internal and external sources.
- Internal sources: **Brain** signals and **nervous system**; and **psychological** prompts, such as desires to have needs met.
- External sources: **Environmental** prompts such as incentives or goals.
- These two sources of motivation interact with each other to produce a **behaviour** (Souders, 2020).



How to Increase Motivation:

Like many components of participation; motivation is not a solid construct but is made up of many “**micro-elements**”.

Rather than feeling overwhelmed by increasing motivation as a whole, try to identify which “micro-element” in particular you struggle with; by working on improving those, you may find your motivation to participate increases.

Micro-Elements of Motivation

- ### How Does Motivation Affect Participation?
- Participation in everyday activities is a vital part of human development.
 - Through **participation** we learn **skills** and **abilities**; **connect with others** and find **purpose** and **meaning** in life.
 - In our constantly changing and complex world, motivation is a vital resource that allows us to: **adapt** in response to changes in the environment, **function** productively, and **maintain** well-being. As such, motivation is an essential component of participation.
 - Motivation, like the other elements of participation, contributes to participation in its own right, but also exists as part of a wider participation “**eco-system**”.

- Identifying, understanding and using your **character strengths**
- Having sufficient physical, mental and emotional **energy**
- Having a supportive and enabling **environment**
- Having effective **goals-setting** abilities
- Recognising what is **meaningful** to you
- Having the right **mindset**
- Ensuring physical and psychological **needs** are met
- Understanding what gives your life **purpose**
- Having **self-determination**
- Having **self-efficacy**
- Having sufficient **self-regulation**
- Recognising your core **values**

What is Self-Determination?

- **Self-determination theory** was created by Deci and Ryan (1985) to describe a person's ability to make their own choices and manage their own life.
- According to Ryan and Deci (2006), humans have 3 innate psychological needs:
 1. **Autonomy**: feeling we have some control over our lives.
 2. **Competence**: Building and developing mastery over the activities that matter to us
 3. **Relatedness**: social connection
- Self-Determination consists of our **internal skills, knowledge, and beliefs** combined, which allows us to choose to participate in accordance with these choices rather than acting from external pressures.



How to Increase Self-Determination:

Like many components of participation; self-determination is not a solid construct but is made up of many “**micro-elements**”.

Rather than feeling overwhelmed by increasing self-determination as a whole, try to identify which “micro-element” in particular you struggle with; by working on improving those, you may find your self-determination towards participation increases.

Micro-Elements of Self Determination

How Does Self-Determination Affect Participation?

- Participation in everyday activities is a vital part of human development.
- Through **participation** we learn **skills** and **abilities**; **connect with others** and find **purpose** and **meaning** in life.
- Self-determination focuses on the **internal** sources of motivation towards participation in activities.
- Self-determination, like the other elements of participation, contributes to participation in its own right, but also exists as part of a wider participation “**eco-system**”.

- Effective **goal-setting** abilities
- A Growth **Mindset**
- Ability to take **responsibility** for our behaviour.
- **Self Advocacy** Skills: The ability to express needs and wants assertively and take action on our own behalf
- **Self-efficacy**: belief in our ability to perform and achieve our goals.
- **Self-Regulation** Skills: The process by which we incorporate behavioural change into our everyday lives (Kapp, 2001). This involves setting goals, developing a plan to achieve goals, implementing, and following the action plan, evaluating the outcomes of the action plan, and adjusting accordingly.
- Supportive social **environment**

What is Meaning?

- According to Wong (2010) a **meaningful** and fulfilling life is unique to each of us, however, consists of:

Purpose: The pursuit of a life goal

Understanding: of who you are and your significant role in life

Responsibility: Only you are responsible for deciding your meaning in life, and what is significant to you, and taking responsibility for your actions.

Enjoyment: A deep sense of significance comes when you actively take responsibility, to pursue life goals.

- According to Baumeister and Vohs (2002) humans have four **needs** which when met, lead to a sense of meaning in life:

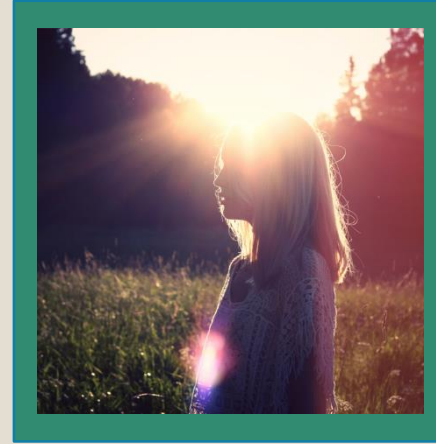
Purpose: The belief that what we do now affects our future.

Pursuing life goals which lead to a sense of fulfilment.

Values: The fundamental attitudes guiding our mental processes and behaviour.

Efficacy: The belief that you are competent meet challenges and achieve goals

Self-worth: reasons for believing that one is a good and worthy person.



How to Increase Meaning:

Like many components of participation; meaning is not a solid construct but is made up of many “**micro-elements**”.

Rather than feeling overwhelmed by increasing meaning as a whole, try to identify which “micro-element” in particular you struggle with; by working on improving those, you may find your meaning towards participation increases.

Micro-Elements of Meaning

- **Purpose:** Pursuing significant life goals
- Taking **Responsibility:** For your actions and pursuit of meaning
- **Understanding:** Who you are, and what is important to you
- **Self-Efficacy:** believing you are able and capable to pursue goals
- **Self-worth:** Believing that your life has value and you matter
- **Values:** Knowing what is important to you and being guided by this

How Does Meaning Affect Participation?

- Participation in everyday activities is a vital part of human development.
- Through **participation** we learn **skills** and **abilities**; **connect with others** and find **purpose** and **meaning** in life.
- Meaning, like the other elements of participation contributes to participation in its own right, but also exists as part of a wider participation “**eco-system**”.

What is Goal Setting?

According to Chowdury (2020):

- Goals are a plan that holds us in perspective – the more effectively we make the plan, the better are our chances of achieving what we aim to.
- Goals direct our actions and open us to a host of new possibilities
- Goals guide us to choose the right moves, at the right time, and in the right way.
- By setting goals, we get a roadmap of where we are heading to and what is the right way that would lead us there.



According to Smith (1999)

- Goal-setting involves asking three questions:
 - 1) How important is the goal for us?
 - 2) How confident are we about reaching and accomplishing the goal?
 - 3) How consistent is the goal with our core values and beliefs?

How Does Goal-Setting Affect Participation?

- Participation in everyday activities is a vital part of human development.
- Through **participation** we learn **skills** and **abilities**; **connect with others** and find **purpose** and **meaning** in life.
- Goal setting, like the other elements of participation, contributes to participation in its own right, but also exists as part of a wider participation “**eco-system**”.

How to Improve Goal Setting:

Like many components of participation; goals are not a solid construct but made up of many “**micro-elements**”.

Rather than feeling overwhelmed by improving goal setting as a whole, try to identify which “micro-element” in particular you struggle with; by working on improving those, you may find your goal setting ability for participation increases.

Micro-Elements of Goal Setting

- Identifying, understanding and using your **character strengths**
- Recognising what is **meaningful** to you
- Understanding what gives your life **purpose**
- **Self-Regulation Skills**: The process by which we incorporate behavioural change into our everyday lives (Kapp, 2001). This involves setting goals, developing a plan to achieve goals, implementing, and following the action plan, evaluating the outcomes of the action plan, and adjusting accordingly.
- **Self-Efficacy**: believing you are able and capable to pursue goals
- **Values**: Knowing what is important to you and being guided by this