

## “WHAT DRIVES YOU”

by:

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Your choice will be influenced by your emotional state. You learn better and remember more of what you learned if you are motivated. But what drives a person's motivation in achieving his goals?

According to Murayama and Kitagami (2014), there have been a number of studies that rewards or financial incentives enhances motivation. But on the contrary, Fastrich, Kerr and Castell (2018) rewards may be effective in some people when enhancing their drive for motivation, but there were certain conditions where rewards may undermine motivation and bring no benefit, and that is when the task is intrinsically interesting. In sum, financial incentives can drive you to your goals and dreams and keep you motivated, but it is also important that what you are doing interests you.

Further, other than rewards, your beliefs may affect your motivation. According to Pintrich (2003), if a person believes that he has a limited capacity for learning or feels unlikely to succeed, that person will not be academically motivated. Believing is the first step to achieving. Belief can stem into confidence and then competency.

Moreover, as Swindoll quote “Life is 10% of what happens to you and 90% of how you react to it.” That ten percent is what you can't control, say for example some fortuitous or unfortunate events, but the ninety percent is controllable, react wisely on life's adversities. You are capable of your own emotions. Understand yourself more, think of why are you feeling that way, ask yourself if that feeling will bring good to you. Have time to feel those emotions you think you need to, but make sure you will stand strong again, dream and hope again, have driven to push through again. Because when it comes

to pursuing goals, finding a deeper purpose or mastering a skill, taking action is always better than doing nothing.

*References:*

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