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# SOFT SKILLS AS A TOOL FOR CREATIVITY IN RURAL AREAS PROJECT 2020-1-FR01-KA204-079841



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# SELF MOTIVATION



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# Definition

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MOTIVATION

Self motivation is the ability to drive oneself to take initiative and action to pursue goals and complete tasks. It provides a natural inner power to be able to take action and also to focus not the obstacles but the target. Motivation is also has a strong relation with the needs to be satisfied.



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# Definition



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## MASLOW'S HIERARCHY OF NEEDS



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# Needs

1. Physiological Needs; Hunger, thirst.
2. Safety Needs; Security or keep away from danger.
3. Belongingness and Love Needs; be accepted and belong to a community.
4. Esteem Needs; Achievement, or gained approval
5. Self Actualization Needs. Writing a novel, opening an art exhibition







# Self Motivational Skills

- Recognizing the moment
- Positive self talk
- Getting feedback
- Visualization competency

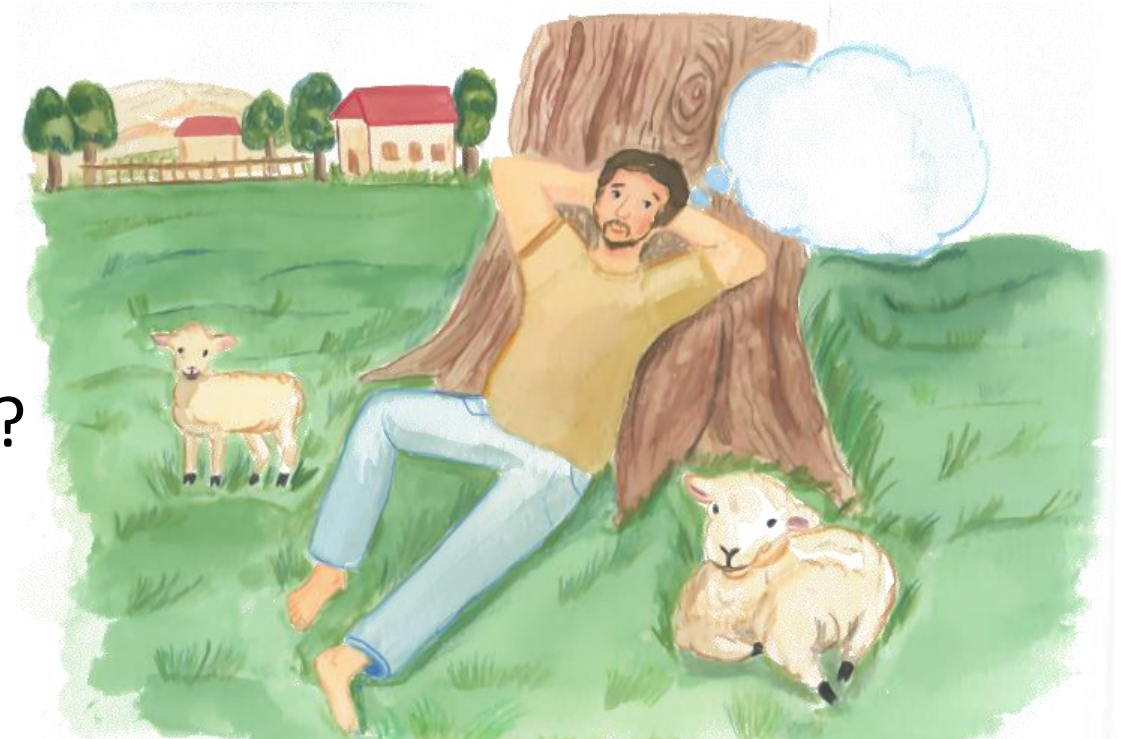




# Recognizing the Moment

Close your eyes and;

- How do I feel right now?
- Do I smell something?
- Do I have ever better mood than now?







# Positive Self Talk

Think about ;

What words do you use

- for yourself when you failed?
- for yourself when you succeeded
- For the others when they fail?
- For the others when they succeeded





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# Getting Feedback

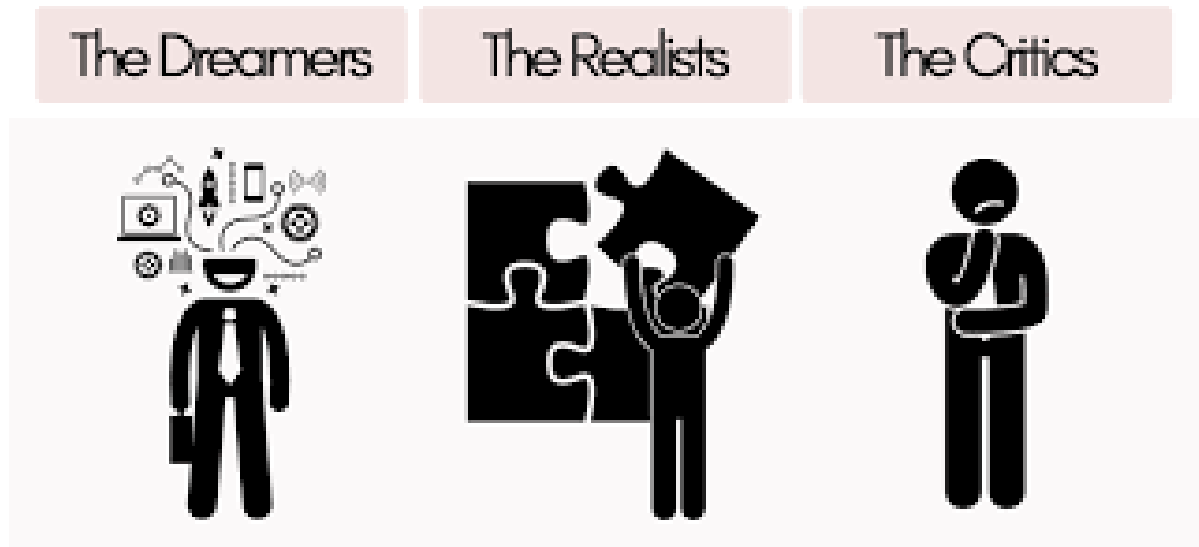
## Sandwich Method



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# Visualization – Walt Disney Method



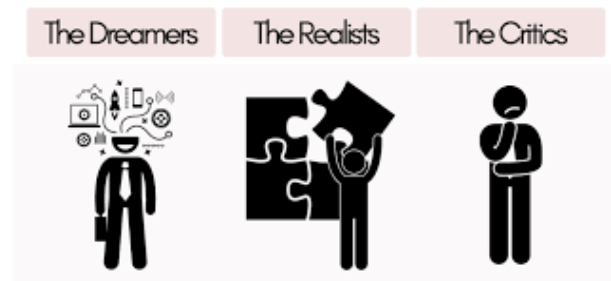


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# The Dreamers

The Dreamers is the role that you dream in a very detail way.  
In this role you do not focus on the obstacles or barriers.  
You dream like you live, you feel or you just have the target.



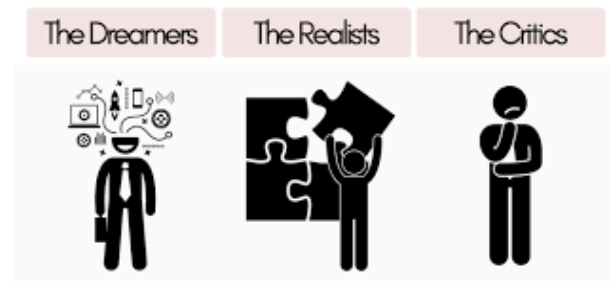
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## The Realists

The Realists role is to realise the dreams.

This role focus on the obstacles or the barriers. Because the target should be reached. Therefore each obstacle should have a solution. This role finds the logical ways and keeps you on the road.







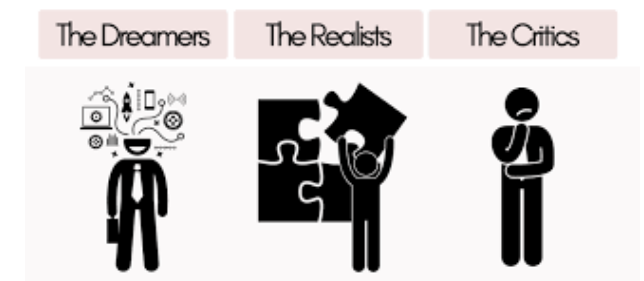
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## The Critics

The critics aims to give strong feedback. This role comes after the dreamers and the realists to combine them and analyze the results.

At the end the action steps are ready and the road to target is clear.



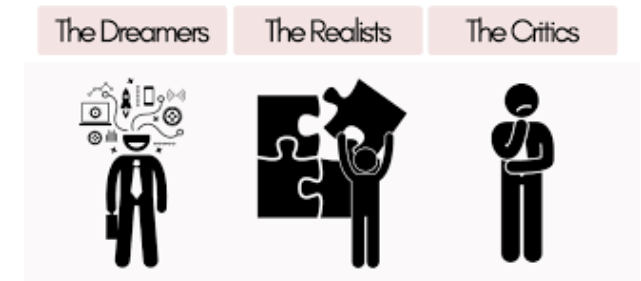


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## Team Work

- Make 3 groups
- Each group determines 1 target
- Fullfill for The Dreamers, The Realists, The Critics



**Duration: 30 Minutes & Presentation : 3 Minutes**



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# Individual Thinking

1- You planted your field. Unfortunately there was a flood during the harvest and you could not collect any crops.

What would you think and what would you do?

2- What would be your 2 targets for the next 6 months?





# Questions

1- Is the definition of Self Motivation below True or False

Self motivation is the ability to drive oneself to take initiative and action to pursue goals and complete tasks.

- A) True
- B) False



# Questions

2- Which ranking of Maslow's Hierarchi is correct.

- A) Self Actualization – Esteem –Belongings-Safety-Physiological
- B) Physiological – Belongings-Safety-Esteem-Self Actualization
- C) Esteem-Safety-Physiological-Belongings-Self Actualization
- D)Physiological-Safety-Belongings-Esteem-Self Actualization





## Questions

3- What are the roles and their purpose in Walt Disney Method?

- A) The Critics – The Analyst- The Dreamer
- B) The Critics – The Realist- The Dreamer
- C) The Realist – The Dreamer – The Motivator
- D) The Motivator – The Dreamer – The Creator



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# Answers

1) A

2) D

3) B



## References

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