

# SELF-MANAGEMENT SKILLS

Class X , Ch-2 Self- Management Skills:II( IT  
#402)

Session 3: Self-motivation

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## Learning Outcome of this Session

After completing this session, you will be able to

- explain the meaning of self-motivation.
- identify types of motivation.
- list the qualities of self-motivated people.
- list the steps to build self-motivation.

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# Session 3: Self-motivation

## 1. Explain the meaning of self-motivation.

Ans: Self-motivation is simply the force within you that drives you to do things. Self-motivation is what pushes us to achieve our goals, feel happy and improve our quality of life. In other words, it is our ability to do the things that need to be done without someone or something influencing us.

## 2. Identify types of motivation.

### Types of Motivation



#### **Internal Motivation: LOVE**

We do things because they make us happy, healthy and feel good. For example, when you perform on your annual day function and you learn something new, such as dancing, singing, etc., you feel good.



#### **External Motivation: REWARD**

We do things because they give us respect, recognition and appreciation. For example, Suresh participated in a 100m race and won a prize. This motivated him to go for practice every morning.

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## Session 3: Self-motivation

### 3. List the qualities of self-motivated people.

Ans: There are some typical behaviours seen in self-motivated people which are as given below:



1. Know what they want from life



2. Are focussed



3. Know what is important



4. Are dedicated to fulfill their dreams

*Qualities of self-motivated people*

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## Session 3: Self-motivation

### 4. List the steps to build self-motivation.

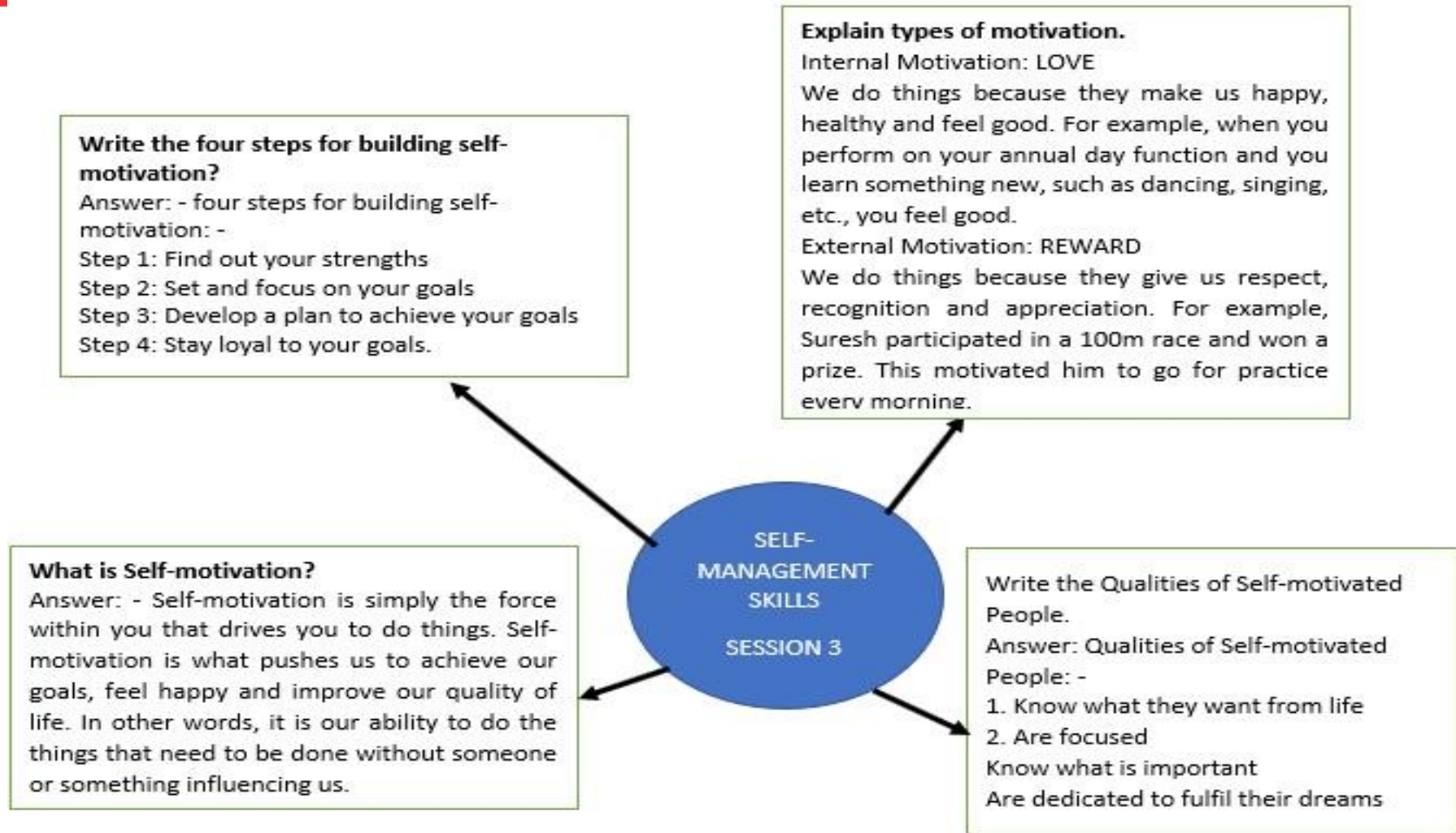
Ans: There are four steps for building self-motivation, which are as given below.



*Building self-motivation*

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# Quick Recap of This Session



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# Home Assignment

## A. Multiple choice questions

**Read the questions carefully and circle the letter(s) (a), (b), (c) or (d) that best answers the question.**

1. What makes you complete work or studies without others cheering you?

- (a) Self-confidence
- (b) Communication
- (c) Self-motivation
- (d) Self-esteem

2. Which of the following are types of motivation?

- (a) Internal
- (b) Intermediate
- (c) External
- (d) Extensive

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## Home Assignment

3. Ravi works hard to get the best student award at the end of year. What type of motivation is this?

- (a) Internal
- (b) External
- (c) Both internal and external
- (d) Not any specific type of motivation

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# THANKING YOU

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