Let’s look at what motivates you to action!

Maslow’s Hierarchy of Needs suggests we are motivated by sets of needs that progress through a pyramid structure as illustrated below.

Each person has different motivators and levels of motivation
Some people are motivated by external factors such as money, assets, status, recognition, rewards and deadlines - known as extrinsic factors.

Other people may be motivated by factors from within, such as values and achievement and self esteem - known as Intrinsic factors.

Recognising what motivates you and working with these factors will greatly improve your success rate not only with your studies but also with your life!

Maslow’s Hierarchy of Needs reflects how our needs (motivators) are dynamic and change as we progress through the levels.

Consider what motivates you when you are hungry or cold – food and shelter are all you can think about until these needs are satisfied. Once satisfied, we move up the triangle into higher order needs.

The choice to study could come from any of the levels of needs identified in Maslow’s hierarchy.
What motivates you to successfully complete your studies and follow your desired career path can only be determined by YOU

**Level One: Physiological Needs**
Do you need this course to help with your employment potential? Will employment help satisfy your needs to feed and clothe you and your family? Will you sleep better once these needs are met?

**Level Two: Safety and Security**
Can you see how study may help with financial and social security?

**Level Three: Love and Belonging**
Will study give you a sense of well being and belonging in your immediate family unit in your learning groups and the community as a whole?

**Level Four: Self Esteem**
Can you see how study may build on your confidence, sense of achievement, respect from others, and your positive sense of self?

**Level Five: Self Actualisation**
Can you visualise a link between your studies and:
- the ability to reach your own unique potential
- fulfil your sense of purpose
- find meaning in your life and
- expand to your full creative, emotional, spiritual and intellectual potential

Bravo!!

Tip: Remember that what motivates you right now will change in the future. The time frame may be minutes or days. **Motivators are dynamic!** The most self actualized person will revert very quickly to lower order needs when they are hungry!

What motivates you changes all the time!!!