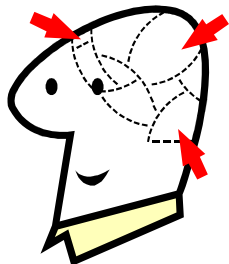


# PERSONAL MOTIVATION

The longer you delay doing something, the more stress and pressure you're likely to feel. You may even start to lose confidence in your ability to complete the task at all. You need to be able to motivate yourself - to reactivate your desire to achieve.

## Types of motivation:



- **Intrinsic motivation** - This is when you are motivated by internal factors to meet your own personal needs. Most hobbies and leisure activities are based on intrinsic motivation. We do them because we enjoy them, not because we have to. **Gymnastics should be one of those things where you are motivated internally, by yourself, for yourself.**

- **Extrinsic motivation** - This is when you are motivated by external factors that are given or controlled by others, for example, by your parents, by your coach or by praise. School work is usually based on extrinsic motivation, although there will be some intrinsic motivation involved if you enjoy aspects of what you do.



Most situations involve both types of motivation. If you like going to gym because you enjoy it, then it will be intrinsically motivating. The extrinsic motivation for gymnastics comes from beating your personal best scores. Enjoying gym should be intrinsically motivating. Doing gymnastics because you are trying to gain approval, whether it be from friends or family, will not help you to feel more excitement about the sport.

Even if you go to gym because you enjoy it, problems can crop up where you need to do something that you don't really like - such as doing something backwards, learning a release move, being afraid of heights, or feeling overwhelmed about learning 6 different routines is natural. You have to do challenging skills as part of being a gymnast, so you have to find a way to motivate yourself to complete them. You must see these as tasks to accomplish each one is a goal that you work towards and conquer.

## That's where self-motivation is necessary.

To motivate yourself, you must examine and understand your needs, so that you know what you find valuable and rewarding. Then, by changing the things around you and how you look at things, you can find the intrinsic and extrinsic motivation to complete those challenging tasks. So, rather than relying on other factors to make a task more rewarding, you make it more rewarding to yourself.



## Simple ways to help motivate yourself

- ✚ Change your attitude and approach to something you don't like, by making it into something that meets a long term goal.
- ✚ Think about why you do what you do and identify the positives.



- ✚ Set goals that enable you to see the 'big' picture.
- ✚ Break your tasks/skills down into smaller pieces. For example, each routine is just a list of skills. Write out the individual skills with a box next to it and tick off each skill as you conquer it. A simple list for each apparatus enables you to see what you have achieved and what is next to do and it keeps your coach organized too.

- ✚ Build in accountability by telling someone else what you want to achieve.
- ✚ Learn how manage your time.
- ✚ Don't procrastinate.
- ✚ Reward yourself when you complete a task.
- ✚ Surround yourself with positive thoughts and people. The people around you should support what you want to do because it makes you feel good, whether they want to participate with you or watch you.
- ✚ Create an accomplishment log to record all of the times when you were able to motivate yourself to complete a task.



By using a combination of these self-motivation tactics, you'll motivate yourself to get those challenging tasks done. By completing those skills that possibly aren't your favourites but are important to your routine, you can continue with the exciting parts of gym that you really enjoy!

Have a close look at the other pamphlets in this series and see how to set goals; how to visualise; how to manage your time; how to focus and how to relax.