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change behavior develop competencies be creative set goals grow interests make plans develop talents and boost engagement web motivation forces acting either on or within a person to initiate behaviour the word is derived from the latin term motivus a moving cause which suggests the activating properties of the processes involved in psychological motivation web motivation is the desire to act in service of a goal it's the crucial element in setting and attaining our objectives motivation is one of the driving forces behind human behavior it fuels web 1 a the act or process of motivating some students need motivation to

help them through school b the condition of being motivated employees who lack motivation 2 a web motivation is often the result of action not the cause of it getting started even in very small ways is a form of active inspiration that naturally produces momentum i like to refer to this effect as the physics of productivity because this is basically newton's first law applied to habit formation objects in motion tend to stay in motion web nov 7 2022 motivation is the process that initiates guides and maintains goal oriented behaviors for instance motivation is what helps you lose extra weight or pushes you to get that promotion at work in short

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