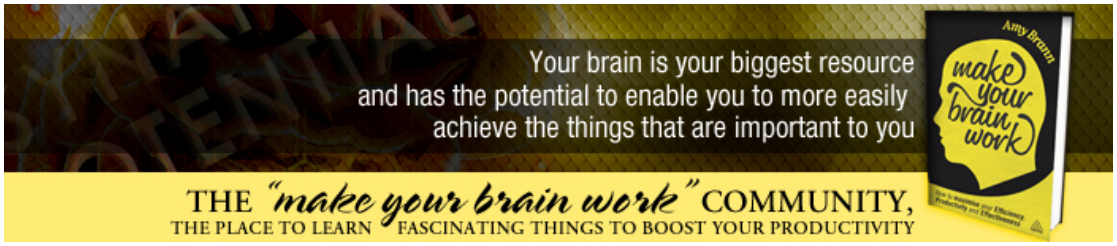

What is your Intrinsic Motivation?

Internal intrinsic motivation is often the most powerful way of quickly creating a new habit. If you can derive enjoyment from the actual new habit you are creating it will serve you in the long run. There are some groups of people in the world who have great intrinsic motivation and subsequently appear to have great discipline.

Investing time in identifying what your intrinsic motivation is can be a great use of time. Intrinsic motivation can develop, so if at first it isn't strong in some areas then you can work on intensifying it.

Consider different things that are important to you to do and what internal drives motivate you to do them. For example:
Negotiating – achieving a win-win outcome and a feeling of accomplishment at this.
Making employees feel valued – sense of contribution to employee's lives.
Going to the gym – enjoying the feeling of exertion and getting sweaty.

What is important to you?	What are the internal drives?