

Motivation

Motivating a group can be a very important task for a leader. Getting a group of people excited about accomplishing tasks and to have a positive attitude while doing them will make a difference in group morale and group success. The following information will help you understand important things to consider when motivating others is your goal!

The "GRAPE" Theory of Motivation

Growth refers to the ability to increase one's skills and competencies, performing new or more complex tasks, participating in training programs.

Recognition refers to the promotion within the organization, praise for achievements, feedback (both positive and constructive criticism,) receiving an award, printed references to an individual's activities, being "listened to."

Achievement refers to the opportunity to solve a problem, to see ideas become reality, to reach goals.

Participation refers to involvement in organizational decision-making, planning and scheduling one's own work and controlling one's own work activities.

Enjoyment refers to having fun in a warm, friendly, supportive atmosphere.

Six Keys To Motivating Others

1. Ask for help! Make people feel valued and important
2. Use lots of positive reinforcement and personalize it
3. Build relationships
4. Understand different points of view
5. Model what you want
6. Refuse to accept poor performance



Twenty Helpful Hints to Motivate Yourself

1. Allow time for yourself
2. Pay less attention to time
3. Avoid discussing business over meals
4. Try to change your perfectionist habits
5. Place motivational quotes in your view
6. Ask for help
7. Sell an idea
8. Smile
9. Tell yourself a joke, laugh out loud
10. Pay attention to your health, diet, and sleep
11. Pause to look around, assess
12. Regulate how many "to do's"
13. Meet with an energetic friend
14. Find some quiet time daily
15. Say no
16. Finish one goal at a time
17. Collect appreciation
18. Talk to a significant other
19. Exercise daily
20. Watch for cycles in your mood

