# 6 Techniques for Increasing Your Motivation

Motivation sounds simple enough. It is what inspires us to get things done. However, the actual source of our motivation is often a mystery. While it is something that just about everyone feels is important, it is something that we never quite get around to analyzing in depth. As it turns out, six primary types of motivation can trigger you to get moving when you need an extra kick in the pants.

**Rewards**

Rewards are simple; the motivate you by promising something you desire if you accomplish the goals you've set out to achieve. It is essentially the process of seeing and envisioning your new life with that specific reward that will get you to accomplish what you are avoiding. You can set up a reward system to help you stay motivated when it comes to getting things done.

**Fear**

You can utilize fear, in relatively the same way as you do a system of rewards. While they approach motivation from different angles, the principle behind the two is essentially the same. With fear, however, you envision a future where we have to deal with something unpleasant. We become motivated to accomplish our goals because we want to avoid that unwelcome future.

**Achievement**

This is a variant of the rewards technique. Having a sense of accomplishment can be impressive in and of themselves. We are naturally drawn to challenges, so by thinking of the achievement that we can gain by accomplishing our goals can motivate us to get up and moving.

**Growth**

Some of the activities that we participate in can result in us improving in some way merely by doing them. While these tasks can sometimes be difficult, when we see ourselves growing and developing, it can be extremely appealing and motivating.

**Power**

Sometimes our goals will result in more control for ourselves and increasing the domain that we have over others. This is both a reward and a variation on the growth technique, but it holds its own unique appeal. Many people can be extremely motivated by the idea of gaining more power over others.

**Social Factors**

This includes the motivation that we might feel to do something that will impress those around us, or avoid humiliation. It combines both the reward and fear techniques, which makes this an incredibly powerful motivation technique.

Understanding these six motivation techniques can help you increase your motivation starting today.