

ALI 536: Motivating the Self

Questions to think about

(write your answers in the chat box)

- 1) What is the difference between motivation and will power?
- 2) Which do you think is stronger, internal forces of motivation or external?



Defining Motivation

- A drive to working towards a goal
- A desire to do something
- An energy that helps overcome obstacles
- Motivation involves biological, emotional, social, and cognitive forces that activate behavior
- Motivation is the "why" behind human actions

What motivation does for you

- Makes life meaningful, purposeful
- Adds excitement and passion to actions
- Helps overcome obstacles

Ability + Motivation = Performance

Without either of these factors the action will either not be done or will not be done well.

For higher levels of performance there must be higher motivation

For a believer the main motivation is God.

- Fear of God
- Hope in God
- Love for God

A group of people worshipped Allah out of desire for reward surely, this is the worship of traders. Another group worshipped Allah out of fear; this is the worship of slaves. Still another group worshipped Allah out of gratefulness; this is the worship of free men.

Nahjul Balagha, Hadith no.237

فَقَاتِلْ فِي سَبِيلِ اللَّهِ لَا تُكَلَّفُ إِلَّا نَفْسَكَ ۗ وَحَرِّضِ
الْمُؤْمِنِينَ

So fight in the way of Allah: you are responsible
only for yourself, but urge on the faithful

Sura Nisaa, no.4, verse 84

كَلَّا ۖ بَلْ لَا تُكْرِمُونَ الْيَتِيمَ وَلَا تَحَاضُّونَ عَلَىٰ طَعَامِ
الْمِسْكِينِ

No indeed! No, you do not honour the orphan, and you do not urge the feeding of the needy.

Sura al-Fajr, no.89, verses 17-18

That is how for every Prophet We appointed as enemy
the devils from among humans and jinn
who inspire each other with flashy words, deceptively
Had your Lord wished, they would not have done it
So leave them with what they fabricate
so that toward it may incline the hearts of those who do not
believe in the Hereafter
and so that they may be pleased with it and commit what
they commit.

Sura An'am, no.6, verses 112-113

Components of motivation

- Drive (an arousal state due physiological need)
- Instinct and innate biological determinants of behaviour
- Incentives (external stimuli)
- Commitment (Ikhlas).

Motivation – an instinctive force

Deep down all human beings have a motivating force that pushes them to improve themselves. It is part of the *Fitrat* of the human being.

The desire for perfection has been placed within us by the all-Perfect Creator.

External factors influence can dampen this natural motivation.

Intrinsic and Extrinsic sources of motivation

Motivation for an action can come from within. There is inherent satisfaction in doing it. Intrinsic motivation can be enhanced through reflection and self-knowledge

Motivation also comes from external sources such as;

- Inspirations – hadith, stories, knowledge, people
- Spiritual connections – Quran recitation, supplications . . .

Sometimes extrinsic motivation is due to external rewards such as wealth, power, respect, reputation . . . etc.

Obstacles to Motivation

- Not being focused
- Lack of inspiration
- Low self-confidence
- Low moods
- Comparisons

Curing Apathy

You should cure the disease of languor in your heart by determination . . . Be obedient to Allah and love His remembrance. Picture to yourself that you are running away while He is approaching you. He is calling you to His forgiveness and concealing your faults with his kindness while you are fleeing from him towards others.

Nahjul Balagha, Sermon 220

Sustaining Motivation

- 1) Be clear in your focus
- 2) Remind yourself of your goals often
- 3) Inspire yourself regularly
- 4) Compare yourself with positive examples
- 5) Analyze your progress
- 6) Maintain balance in life

<https://www.verywellmind.com/what-is-motivation-2795378>