

**Information blitz 6****Sources of motivation**

Motivation turns intention into action.

Have you considered what makes you aspire to some new thing? When a person is allowed to choose freely, their action is based on motives, that is, the reasons for doing certain things. Motivation refers to the force that makes us act. Motivation turns reasons and intentions into action. Motivation is an immense resource!

When volunteers were asked what motivates them, they gave the following answers, among others:

- The wish to help or act for a good cause
- The feeling that one is doing something useful
- Learning new
- Meeting new people
- The wish to be part of society
- The sense of obligation
- The wish to find “one’s own thing”

Your reason for becoming a volunteer may be something else. There are no wrong feelings or answers!

When you think about your own motives, you may find the correct way for you to be a volunteer. You can write down or draw a picture of the thing(s) that currently motivate you. Later on, you can go back to your thoughts and see whether your motives have changed, or you have found new sources of motivation.

Motives can change during the course of life, which is exactly what often happens. For example, young people are, on average, more interested in new experiences, whereas senior citizens are often interested in sharing their own expertise. Nevertheless, we are all individuals.

Some motives, however, can be very permanent; such as the wish to meet new people, belong to a group, and be accepted. These are very human characteristics, and they are called social and communal motives.

Motivated activities often bring about a good mindset.

There are two types of motivation. External motivation arises from rewards and feedback, such as money or praise. Internal motivation arises from ourselves when we especially enjoy what we are doing and achieving goals.

Internal feelings—such as, the experience of significance and the joy of helping others—are for many people important reasons for joining volunteer activities.