



## **Inner Motivation**

Many people think motivation is what drives successful people, and for some it may be. Motivation is what keeps us going when we have hit the fifteenth challenge, or we feel our bodies begin to give out. Self-drive and motivation are the driving fuels which allow us to pursue our passions. Passions are what set our souls on fire and creates a burning drive to achieve our goals.

Passion can be defined as the sole driving force; it is the fuel which helps us to create goals and to keep working to achieve them. Desiring to lose weight can only motivate us for so long, having a passion to be as healthy as possible will motivate us to make healthier decisions and give us the courage to begin again when we make a bad choice.

Each of us has passion, and each of us has a goal we are working towards. Everyone has motivation and self-drive. Resiliency, created through the growth of hope, is the octane which fuels our engine. Research has shown trauma can reduce, even eradicate hope, and without hope, we cannot be resilient. This lack of hope is what drowns the motivation to achieve our passions, not a lack of motivation, self-drive, or passion.

Hope can be grown by setting small goals, achieving those, holding on to the victories and using this to help us achieve larger and larger goals. Creating small goals for each day will increase your hope, will show you how able you are, and slowly increase your motivation and help you achieve your passion.

The first step to increasing our inner motivation is to work daily to increase our hope.