Reflection of Motivation

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# Reflection of Motivation

To allow employees to feel happier, more satisfied, and more successful in their lives, health promotion professionals can create benefits for employees to use. An important component to achieving this is to develop employees’ autonomyto help them feel that they are making their own healthy choices and therefore feel good about themselves. We can create healthy environments that encourages them to make these healthy choices more easily. Examples of this are cafeterias with healthy meals or walking paths around buildings with plants and flowers for employees to view.

Helping employees make healthy choices begins by finding out what level the individual is at in their health and wellness. To find out where they are at now and where they want to go, an assessment and follow-up meeting can be done. The gathered information can then be used to develop activities based on the results of the assessment and implementation of these activities can be monitored by asking if it is enjoyable. The quality and effectiveness of health promotion can discover by knowing what each individual value in their job or approach to health.

As a health promotion professional, I need to find out if their job is compatible with their purpose and specific assigned job. By helping an employee realize their capabilities, they may feel happy and more successful with their assigned job position. Having employees make their own working schedule may help them sense that it is their choice to work originated from themselves.To support benefits for employees, providing flexible working hours and the option to work from home could develop their autonomy and intrinsic motivation.

# How I motivate myself

To motivate myself, I first look for things that I enjoy doing and keep doing it until I need another situation or reason to enjoy my time. I am not always fond of getting up early to do my exercises. I use many motivational self-talks and make myself believe that there is a good reason to do what I am doing. That makes me keep going.  For example, if I jog outside and do not see anyone else jogging, I would not feel supported and comfortable. But, if I tell myself that I could be the first one to motivate others, it becomes a positive impact on my neighborhood. Another example is that I will go jogging by simply thinking about how I want to smell the fresh air. I broke my ankle, however, so I used crutches and went for a long walk.