

What is motivation persuasive essay

[Psychology](#), [Motivation](#)



Motivation means the desire to do something, or having interest or drive.

People need motivation to do things that they have no interest or drive to do.

For me as an example, I need motivation to get up early every morning, to go to school, or even going to the gym. I used to have problems doing things because I never had any motivation to do anything, No friends to be there when I needed them. They we're always busy.

So I had to figure out something. I searched many ways to bring my life to order, Some of them worked in the short run, but nothing truly fulfilled the requirement of life peace. A few months ago this all began to change. I started a daily workout schedule; I have been going to the gym 4 to 5 times a week , I've been going for almost a year. I started a healthy diet, I don't eat out as much as I used to. I used to eat McDonald's, Burger king , Carl's Jr. very day . Now all my food is home cooked, and I quit smoking cigarettes because I have asthma and also did it, to better my health, and to this day it has brought stability to my personal life as well as my social life . I also decided to change up my studying habits in which it helped me motivate myself. Developing better study habits will help me with my course of study because it will better prepare me for any assignments or exams that are given in the future.

In the past, and even sometimes now I have had a frequent problem of procrastination, and because of this I lack both rest and preparation to either finish my homework or do well on my tests. Beginning either my studies or assignments early on will help me drastically because dividing the workload within several days will help me retain information more effectively, as compared to all in one night. In conclusion of it all, I figured

out my balance to life. I overcame my motivational barrier and prove to everyone that only I can, (as my own personal source) be the only one to change my life up and change for the better.