

# MOTIVATION

## SUPER SKILLS

### WHAT IS

**Motivation**, often driven by curiosity, is what drives us forward in life. It stimulates us to learn and improve and to set and attain goals. Emotionally intelligent people are often intrinsically motivated by the task itself to achieve inner goals

rather than external rewards such as money, praise or, avoiding punishment (extrinsic motivation).



*Motivated children are happier. They learn and manage stress well.*



Self-motivation improves self-esteem, enables social relationships, and is a core component to leading a well-adjusted, happy life. The absence of motivation can contribute to unhappiness and risky behaviors such as substance use.

Motivation drives creativity and the possibility of growing competencies. It is essential in goal-setting and managing our behavior and fundamental in academic and professional achievements.

A world without motivation and curiosity would be a world without progress, development, or hope.

Intrinsically motivated people are often more creative, receive more satisfaction, and perform better long-term than solely extrinsically motivated people.

### WHY MOTIVATION MATTERS

### Did You Know?

Intrinsic motivation starts with infancy. After that, adults support or suppress this motivation depending on their parental approach.

*Motivation is one of the Super Skills promoting Social and Emotional Learning (SEL).*



**Listen  
FIRST**

**THE SCIENCE OF SKILLS**

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

[www.unodc.org/listenfirst](http://www.unodc.org/listenfirst)



# THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

## SELF MANAGEMENT

Being able to regulate one's emotions.  
Do you think before acting?  
Do you set and achieve goals and plans? Do you recognize anger?

## RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.  
Do your decisions have a positive impact on others?  
Do you use critical thinking skills to set priorities?

## STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.  
Do you prevent stress by practicing self-care and relaxation?  
Do you manage your response to stressful situations when they do occur?

## SELF AWARENESS

To recognize one's emotions and behavior.  
Do you know your emotions?  
How do they influence your behavior?

Grow Your  
**Super Skills**  
AND THRIVE!

## RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.  
Do you use communication skills such as active listening, and conflict resolution?  
Do you practice empathy?



Made possible with the generous support of France

**Listen  
FIRST**



**UNODC**  
United Nations Office on Drugs and Crime

