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MOTIVATION RAPORT

"Success is not final; failure is not fatal: It is the courage to continue that counts." - Winston S. Churchill



Motivation - introduction

Maria Grupińska

My name is *Maria Grupińska*. I am the Global Awareness Movement head of marketing and the Happy Kid Mission leader. I am 15 years old and currently enrolled in the IB programme in Warsaw. Some of my passions are economics, fashion, and literature.

This month's issue of GAM Times is about motivation. I have collaborated with amazing people. Full of inspiration and passion. I hope that you are going to enjoy this journey deep down yourself and your drive!



Every single person has a different conception regarding motivation. We all perceive and interpret it differently. Learning about different opinions is extremely important and one of the main goals of the Global Awareness Movement. While reading this article and the entire newspaper you are going to discover new meanings to motivation and maybe become more motivated in different fields of life. Before we start on individual meanings of motivation, I would like to present the official definition of motivation:

“willingnessto do something, or something thatcausessuchwillingness:[C]One motivation forreducingthestaffwas the need tocutcosts[U]You need a lot of motivation tosucceed.”

Cambridge Dictionary [\(\(here\)\)](#)

Motivation is a concept that plays a huge role in our everyday life. Most of the time we don't even realize that a certain goal or activity motivates us to do something. It's important to acknowledge these things! In this GAM Times issue you are going to be able to read what extremely successful people have to say on motivation and what brought them to the point where they are today.

Motivation survey report

Maria Grupińska

We asked you to complete a short survey on motivation. In this part of the article I would like to share some of the responses and address everything that can be learnt from this.

1. Do you perceive yourself as a motivated person?

At most times people do not appreciate themselves enough - or don't understand their true value. That is why when a person is asked whether they perceive themselves as a motivated individual, most of them have no idea. Motivation is an aspect that influences and means different things and people. A great example is a person who is intro or extroverted. These people have different goals, aspirations, dream jobs, and perceptions in various fields of life and knowledge.

Almost 70% of the people we asked answered that they perceive themselves as motivated people, while 23% stated that they don't think they are very motivated, and 7% simply did not know. Yet again, every single one of these people have a different thought on motivation. The people who perceive themselves as motivated might stand to have morals and goals, who drive them, but to people who did not think of themselves as motivated, might think that these factors are completely useless and un motivating. It all depends on the point of view.

2. Do you think that motivation can change the way we act and the way we achieve things?

According to Scott T. Rabideau, Rochester Institute of Technology - *Motivation is a crucial component of daily existence. Our basic actions and emotions are influenced by our inner urge to overcome life's problems while setting personal objectives. As we achieve our objectives, our drive boosts our sense of competence and self-worth ([here](#)).*

In this question our sample answered definitively - 100% votes for yes. As I mentioned before, motivation is our drive. Our reason to get out of bed every day and do something about our lives. Without motivation we would become unproductive parasites with no self-worth and esteem. Our actions are defined by motivation.

3. Do you think that motivation is closely related to the mind and the way our brain works?

This question is based and connected to an article that you are going to find in this special edition of the GAM Times Newspaper by Kaja Pośnik - a first year neuroscience student at University College London.

85% of our sample answered that indeed they do think that the way our brain works influences our motivation, while around 15% stated that they are not really sure or just simply don't agree. BrainFacts.org ([here](#)) states that, "*Reward learning and motivation are strongly influenced by the amygdala.*" According to Vanderbilt University, *dopamine signaling in the striatum and prefrontal cortex – two regions known to influence motivation and reward – is higher among "go-getters" who are more inclined to work hard.*

If you are interested in this topic, then I once again invite you to read Kaja Pośnik's article on neuroscience and motivation!

4. Do you ever lack motivation in sports-related situations?

This question is based and connected to an interview that we have carried out with Mark Colbourne - former Welsh paralympic-cyclist, who competed for both Wales and Great Britain and is an olympic gold-medalist - (if you are interested in this topic make sure to read this edition of GAM Times).

When I put this question into the survey I was pretty sure that most people would say that they do lack motivation in sport related situations, although I was extremely surprised when I saw the results of this question... 54% of our sample states that they never lack motivation to do sports, which is over a half of the people asked, while only 46% states that indeed they do lack the motivation. In the interview with Mark, we talk about diet, motivation, and his amazing life story - what led to his great success. A heartwarming talk! The interview has also been recorded, that is why if you are interested in watching the interview make sure to click [here](#).

5. Do you ever lack motivation in work-related situations?

This question is based and connected to both an interview and article that you are going to find in this Edition. An interview with Małgorzata Bonikowska - founder and leader of the Polcast Podcast ([\(here\)](#))- *“POLcast is the FIRST EVER English-language podcast about Poland and Poles around the world. It is a colorful audio magazine delivered directly to your smartphone, computer or tablet.”* Moreover, you are also going to be able to read an introduction to the GAM University Guide and tips on learning and being productive, by Pola Janowska - a 15-year old IB student from Poland - lead of GAM Voices and Climate Activist.

61,5% answered that they do not lack motivation at work/school, although there still is the other 38,5% who do need guidance in this matter. In addition, nobody is perfect. That is why reading these absolutely amazing texts (article and interview) is going to be a benefit for everyone, because who knows. After all, we learn every single day!

6. How would you define motivation?

In this question we decided to present 10 answers that we found the most interesting. Make sure to enjoy these and answer the question to yourself.

- a drive to better yourself as a person (school, self care, education etc.)
- ability to do things when you don't want to
- Doing your best to achieve your goals
- Motivation of one of the fuels of success and achievements
 - The drive to continue doing or start various tasks, whether they are big or small. The willingness to try out new things and take up challenges.
- Even when one feels like giving up, they have the will to continue and give their everything to complete a given task. Motivation is what drives a person into doing everyday tasks. It is also motivation that gives some people reason to live, to improve, to be better than they were last time.
 - Inner drive (caused by internal or external factors) to make things happen
 - it's to work harder in order to achieve a set goal. inspiration to do better in something
- Not being a unproductive blob of jelly is a start
- The will to keep moving forward

How about you? What does motivation mean to you?

7. What motivates you?

Again, here we have also decided to pick 10 answers that we found the most interesting.

- Happiness and encouragement in workplaces and competitive circumstances
- Family and friends, going on walks, eating food that makes me happy and treating myself to it and reading books/ watching movies after I complete the tasks
- Skiing
- my family. a few role models. Also, a really close friend of mine.
- successful people stories
- The success that I am striving to achieve
 - Vision of successful conclusion of the task and feeling of accomplishment
- Work
- Becoming the best version of myself
- Making the people that I care about proud

How about you? What is your motivation?

8. Would you like to know more about motivation?

And finally, the last question. A very important one since this question is going to determine what you are going to take out from this Special Edition of GAM Times and how it is going to change the way you think and act.

Another work that you are going to find in this Newspaper is an article by me on the book written by Patrick Dixon “The Future of almost everything”, where we are going to discover why it is important to think beyond the horizon and be curious about what is about to come.

Our sample answered that over 70% are very curious about what they can still learn about motivation. Do you belong to the 70%? Well, I hope you are, because this Special Edition is something more than just special!

Motivation to learn about the future.

Maria Grupińska

George Harrison said that “*It's being here now that's important. There's no past and there's no future. Time is a very misleading thing. All there is ever, is now. We can gain experience from the past, but we can't relive it; and we can hope for the future, but we don't know if there is one*” —

live in the moment, but what does that actually mean? In this article I would like to discuss two sides of the future. The first one is based on a book written by Patrick Dixon. The title of the book is “*The Future of (almost) Everything*” to be concentrated on the psychological element of the future and leaving the past behind.

So what does Patrick Dixon actually write about?

The book is divided into 6 parts, which present different aspects of the future. The sections are as follows:

Fast
Urban
Tribal
Universal
Radical
Ethical

What is amazing about this division is the fact that the first letters actually correspond to the letters in the word “FUTURE”. The book also addresses issues connected to Human Life in 2120 and Shaping your own future - this is the second aspect that I would like to discuss in this article. In order to summarize the book as efficiently as I possibly can I have decided to discuss it part by part.

1.Fast

In this chapter, Patrick Dixon has demonstrated how change is speeding up. He discussed the dangers of Wild Cards, how emerging economies will develop, and the advantages and disadvantages of digital. Also, there's the contradiction that some things change at a very slow pace. Next, we must consider how our world is physically changing, with a billion people relocating to cities, massive demographic shifts, and tremendous increases in life expectancy, as well as what this implies for your future.

2.Urban

The second face of the future is urban, with its dramatic shifts in megacities, migrations, demography, health, and life expectancy. The author requests that you provide him the demographics of any town, city, country, or area, and he is convinced that he can predict its future. That is how crucial Urban is! It all relies on the number of individuals who reside in the same region, their age, their level of education, and other factors. By 2025, Asia will be home to more than half of the world's population, and India will be the world's largest country, with a significant population of young people.

3.Tribal

Tribalism is the most powerful good and negative force on the planet, serving as the foundation for teams, companies, customer groups, governments, and families. Globalization, manufacturing, retail, travel, and finance are all part of the universal balance to the tribal face of the future. The two faces are at odds with one other. So, what will be the catalysts for a more global future?

4.Universal

Universalism, the antithesis of tribalism, is the fourth face of the future. English and McDonald's are synonymous with universalism. Tribalism and universalism are mutually reinforcing, each reacting to the other. How can you

deliver world-class service to a clientele you don't fully comprehend? One of the most significant methods for executives to develop their organizations, drive innovation, decrease risks, and boost consumer loyalty will be to expand diversity.

5.Radical

Radical, revolutionary forces are spreading over sections of our planet, bringing new sorts of leaders to power in novel and dangerous ways, as Patrick Dixon foretold 20 years ago. From 1989 to 1991, the Soviet Union was swept away by a series of 'democratic' revolutions. While cutting military spending, Western nations spoke of a peace dividend for a while.

6.Ethical

The most crucial face of the future is ethics. Ethics cuts to the core of what it is to be human, to have a sense of purpose, values, direction, vision, and, in some circumstances, spirituality. And people's perceptions of ethics will shift dramatically.

This was a brief summary of the main part of the book. Now, as I mentioned before, I would like to talk about shaping your own future.

The most important thing that you should always keep in mind is staying "Futurewise". What does that mean? Well, futurewise means being open to what the world has to offer. This topic is going to be covered more in the other interviews and articles in this issue of GAM Times. A person that especially believes in this statement is Małgorzata Bonikowska (make sure to read that article)!

According to Patrick Dixon, in order to stay futurewise, we need to travel a lot. Broaden your perspectives, talk to people about unfamiliar things, cultures, places, and forums. Notice a change in every city. Be curious. Meet and watch new people - become an observer. Be interested in other people's stories. Every single person you meet is unique and holds a different story. As Patrick Dixon has written,

"Expect to change your opinions and your own future. You have choices every day. Do what you believe in and feel most passionate about."
