

Self-motivation for high achievement

Tokyo (Japan)

11 - 15 August 2025

UK Training

PARTNER



Self-motivation for high achievement

Code: PS28 From: 11 - 15 August 2025 City: Tokyo (Japan) Fees: 4700 Pound

Introduction

This course aims to help participants develop the skills and mindset necessary for achieving personal and professional success through self-motivation. The focus will be on practical strategies, techniques, and psychological principles that empower individuals to stay driven and excel in their goals.

Course Objectives

By the end of the course, participants will:

- Understand the psychology of motivation and how it impacts high achievement.
- Learn to set clear, achievable goals and build a plan to accomplish them.
- Develop resilience to overcome obstacles and setbacks.
- Master techniques to maintain focus and drive over the long term.
- Cultivate positive habits that sustain motivation and success.

Why take this course?

- Understand how to achieve high success and identify personal drivers.
- Learn to set clear and achievable goals.
- Develop resilience to overcome challenges.
- Build daily habits that support consistency and motivation.
- Use techniques to maintain long-term motivation.
- Create a personalized plan for sustainable growth and future progress.

Course Outlines

Day 1: Understanding Self-Motivation

- Introduction to self-motivation and its importance in personal and professional life.
- Theories of motivation: Intrinsic vs. extrinsic motivation.
- Identifying personal motivation drivers.
- Understanding the impact of mindset on achievement.
- Exercises on self-reflection and goal-setting.

Day 2: Goal Setting for Success

- The importance of setting clear, actionable goals.
- The SMART Goal framework.
- Aligning personal and professional goals for high achievement.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) on it. The pieces are gold and silver. The board is white and black squares. In the background, there are concentric circles radiating from the center.

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- Breaking down large goals into smaller, manageable steps.
- Developing a personal action plan for success.

Day 3: Overcoming Challenges and Building Resilience

- The role of resilience in high achievement.
- Techniques for managing setbacks and failure.
- Reframing negative thoughts to stay motivated.
- Building a support system for accountability.
- Practical exercises in overcoming obstacles.

Day 4: Sustaining Motivation Over Time

- The power of routines and habits in sustaining motivation.
- Creating a daily schedule to stay on track.
- Developing mental toughness to face challenges.
- Celebrating small wins and maintaining momentum.
- Using self-assessment tools to measure progress.

Day 5: Cultivating Long-Term Success

- The psychology of long-term motivation.
- How to keep the drive alive after reaching short-term goals.
- Visualizing success and maintaining a vision for the future.
- Leveraging intrinsic motivation for continued achievement.
- Final reflection and personalized roadmap for future growth.

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