

Building personal motivation to achieve goals

Tokyo (Japan)

20 - 24 October 2025

UK Training

PARTNER



Building personal motivation to achieve goals

Code: PS28 From: 20 - 24 October 2025 City: Tokyo (Japan) Fees: 4700 Pound

Introduction

This 5-day training course is designed to help participants develop the necessary personal motivation to achieve both professional and personal goals. Through a series of interactive lessons, case studies, and practical exercises, participants will learn how to harness their inner drive, set meaningful goals, and stay committed to achieving them. The course will cover key strategies in motivation, goal setting, and self-discipline that will empower individuals to break through obstacles and stay focused on their objectives.

Course Objectives

By the end of this course, participants will be able to:

- Understand the key principles of personal motivation and how it impacts goal achievement.
- Develop a clear vision for their goals and create a practical action plan.
- Identify common barriers to motivation and learn strategies to overcome them.
- Build resilience and maintain focus on long-term objectives.
- Apply proven techniques for self-motivation and personal development.

Why take this course?

- Gain a deeper understanding of what drives you.
- Learn to set clear and achievable goals.
- Overcome barriers like procrastination and self-doubt.
- Build resilience to stay committed through challenges.
- Develop practical techniques to stay motivated every day.
- Align your goals with your personal values.
- Create a solid action plan for success.
- Strengthen self-discipline and focus.
- Foster a growth mindset for continuous improvement.
- Build a support system for long-term motivation.
- Measure progress and adapt your goals as needed.
- Learn how to celebrate progress and stay positive.
- Achieve both personal and professional goals with confidence.

Course Outlines

Day 1: Understanding Motivation

- The Psychology of Motivation: What drives us?
- Types of Motivation: Intrinsic vs. Extrinsic
- Identifying personal sources of motivation
- Goal Setting Theory and its Importance

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) on it. The board is white and black, and the pieces are gold and silver. The text 'UK Training PARTNER' is overlaid on the board.

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- Assessing your current motivational state

Day 2: Setting Meaningful and Achievable Goals

- SMART Goals: A framework for success
- Long-term vs. Short-term goals
- Visualizing success: The power of visualization in goal achievement
- Aligning goals with personal values
- Action planning: Breaking down goals into actionable steps

Day 3: Overcoming Barriers to Motivation

- Common obstacles: Procrastination, fear of failure, and self-doubt
- Time management strategies to stay on track
- Building self-discipline to avoid distractions
- The role of mindset in achieving goals: Growth vs. fixed mindset
- Techniques to overcome setbacks and stay motivated

Day 4: Building Resilience and Maintaining Motivation

- The importance of resilience in goal pursuit
- Techniques to build mental and emotional resilience
- Staying committed during challenging times
- The role of positive reinforcement and self-celebration
- Handling external pressure and criticism

Day 5: Sustainable Motivation for Long-term Success

- Developing daily habits to maintain motivation
- Measuring progress and adjusting goals over time
- Creating a personal accountability system
- The power of support networks: Surrounding yourself with motivators
- Final review: Developing your personal motivation plan for the future

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a knight) on it, set against a background of concentric circles. The text 'UK Training' is positioned above the word 'PARTNER' in a large, bold, black font.

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