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The Real Secret Of Lasting Motivation In Learning

I'm going to do this with an example of a Student preparing for an exam. You can extrapolate this to other situations as well, of course.

Let's say you have an exam in a couple of days in a subject you don't particularly care for. So, you say to yourself, "my purpose for studying is to pass the exam". But is that your real purpose? Is that what is going to keep you motivated?

What i'm getting here is that every purpose actually comes down to a FEELING that you want. Maybe passing the exam will help you feel better about yourself. In that case if you define your purpose for studying as "to feel better about myself" you will probably feel much more motivated than if you define your purpose as "to pass the exam".

When you develop your emotional intelligence, you get to the TRUE FEELINGS that motivate you faster. In other words, developing your emotional intelligence can deliver huge results to you.

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