



## 30 Minute Motivation Guide: Businesses need motivation more than ever!

*James Mazzola*

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Motivation can be categorized according to whether it is a basic, instinctive drive, unlearned and common to all people and also animals, or a learned motivation that can be unique. The former type of motivation involves satisfying the needs of the physical body, and include hunger, thirst, shelter or safety, sexual activity, and so forth. The latter type includes achievement of goals, whether they be in terms of gaining knowledge, power, self-development, or a loving relationship. This latter type can be seen as satisfying the desires of the mind and spirit. Motivation is complex since human nature is complex. Yet, to understand what motivates people to act in certain ways enables people to live and work peaceably with one another.

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