



Motivation - the work journal

Whether you are motivated or demotivated in your approach to work depends to a large extent on your inner attitude. You can influence this yourself and even steer it in certain directions - for example through the dialogue you constantly have with yourself.

You can intensify this self-talk by not only having it in your thoughts, but also in writing. Create a kind of work journal, a notebook or a workbook. You can write down everything related to your work in it. It is important not to censor what you want to write. Such a journal is exclusively for you - it is your own, protected space.

In your work journal, you can write down your ideas and thoughts, your questions and doubts. You can also speculate, try out formulations or draw up initial theses. And you can use it for your time management: use it to formulate and monitor your goals (→ Time planning - Time management)

On the question of motivation

If you realise that you lack the motivation for a writing project or - the other way round - you are full of motivation and don't know where to start: Start by simply writing down how you feel. Hold on to it and keep or relieve yourself and write freely. In the second step, try to find out the reasons for your lack of motivation. And draw the consequences from this in the third step: plan concrete remedies or incentives.

Aspects that are often associated with motivation or demotivation:

- What value does the writing project have for myself?
- How much time and energy do I need to devote to it?
- Is the writing project promising? What incentive/'reward' is there for me?
- What are the consequences of my inaction? What happens if I don't go to my desk today?





With regard to the question of motivation, two subject areas of a journal are particularly important:

- Go back to the beginning of your writing project: what fascinates you about your topic, what was your sparking idea? Such initiating ideas or intuitions often have great potential, as they are the seed of the resulting work and can serve as a ‘guiding principle’. It is therefore helpful to reassure yourself from time to time about where your writing project originally came from.
- You can also include the most important finds, your ‘pearls’ so to speak, in your journal. Especially in times when fascination or interest seem to be lost, reading these ‘pearls’ can rekindle enthusiasm.

Writing dialogues

If you observe your inner conversation with yourself, you will discover that there are very different voices within you that take part in this conversation. Usually, the critic speaks first, followed immediately by the ‘perfectionist’, then the ‘anxious’, the ‘courageous’, the ‘pragmatic’, the ‘hedonist’, the “ascetic” and, last but not least, the ‘creative’. Sometimes it helps to write down this self-talk with many voices - for example in dialogue form - or to perform it in writing. In this way, you can banish the inner forces that prevent you from continuing to write.

Another option is to write a letter to a confidant or a ‘role model’ - and then write a reply letter from the perspective of this addressee.

A work journal also has an important side effect: you train and reflect on your writing!

