

SEMINAR
BUILDING HIGH MOTIVATION



Ami Sano

25 tahun

Aichi, Jepang





"Mau gimana lagi, saya sudah hidup sendirian. Ayah serta ibu saya sudah meninggal. Kakak saya sudah punya keluarga sendiri, sudah jarang ke mari. Makanya, lebih baik saya mati saja"

Ignatius Ryan Tumiwa

48 Tahun

Jakarta, Indonesia

S2 Ilmu Administrasi IPK 3,37



Jessica Cox :
Pilot, Juara Karate




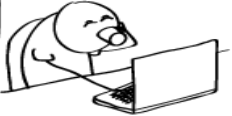
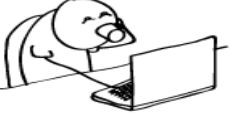








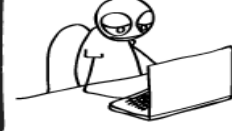









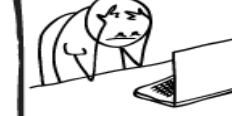


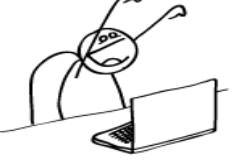
Hee Ah Lee:
Four Finger Pianist



Stevie Wonder:
Legendary Musician

A Guide to Employee Morale

How Do You Feel Right Now?

	Monday	Tuesday	Wednesday	Thursday	Friday
8 am	 <p>Need coffee.</p>	 <p>Need much more coffee.</p>	 <p>Coffee.</p>	 <p>"Sick day"</p>	 <p>SO MUCH COFFEE!</p>
10 am	 <p>Realization that it's Monday.</p>	 <p>WIRED!!! PRODUCTIVE!!!</p>	 <p>Working. Sorta.</p>	 <p>"Mental health day"</p>	 <p>Facebook! Twitter! COFFEE!!</p>
12 pm	 <p>Still Monday.</p>	 <p>Shit.</p>	 <p>Lunch.</p>	 <p>"Explosive diarrhea"</p>	 <p>IRISH COFFEE!</p>
2 pm	 <p>Still Monday.</p>	 <p>Two hour poo break.</p>	 <p>Two hour lunch.</p>	 <p>"Horrible Migraine"</p>	 <p>@myboss #IAMDrunk</p>
4 pm	 <p>Oh God ... still Monday.</p>	 <p>Oh God ... only Tuesday.</p>	 <p>Oh God ... only Wednesday.</p>	 <p>"Just didn't feel like it"</p>	 <p>HAPPY HOUR!</p>

Motivasi, Mengapa Penting?

- Memberikan energi
- Mencapai hasil yang luar biasa
- Menggapai kesuksesan
- Mampu mengatasi rintangan

4 Rahasia Motivasi

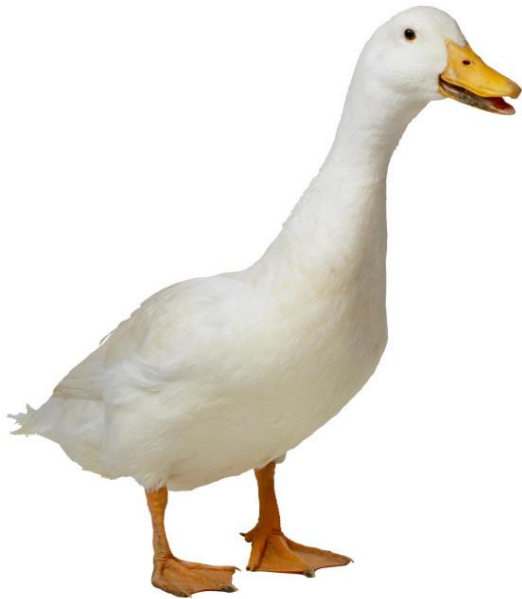
Hebat

Impian

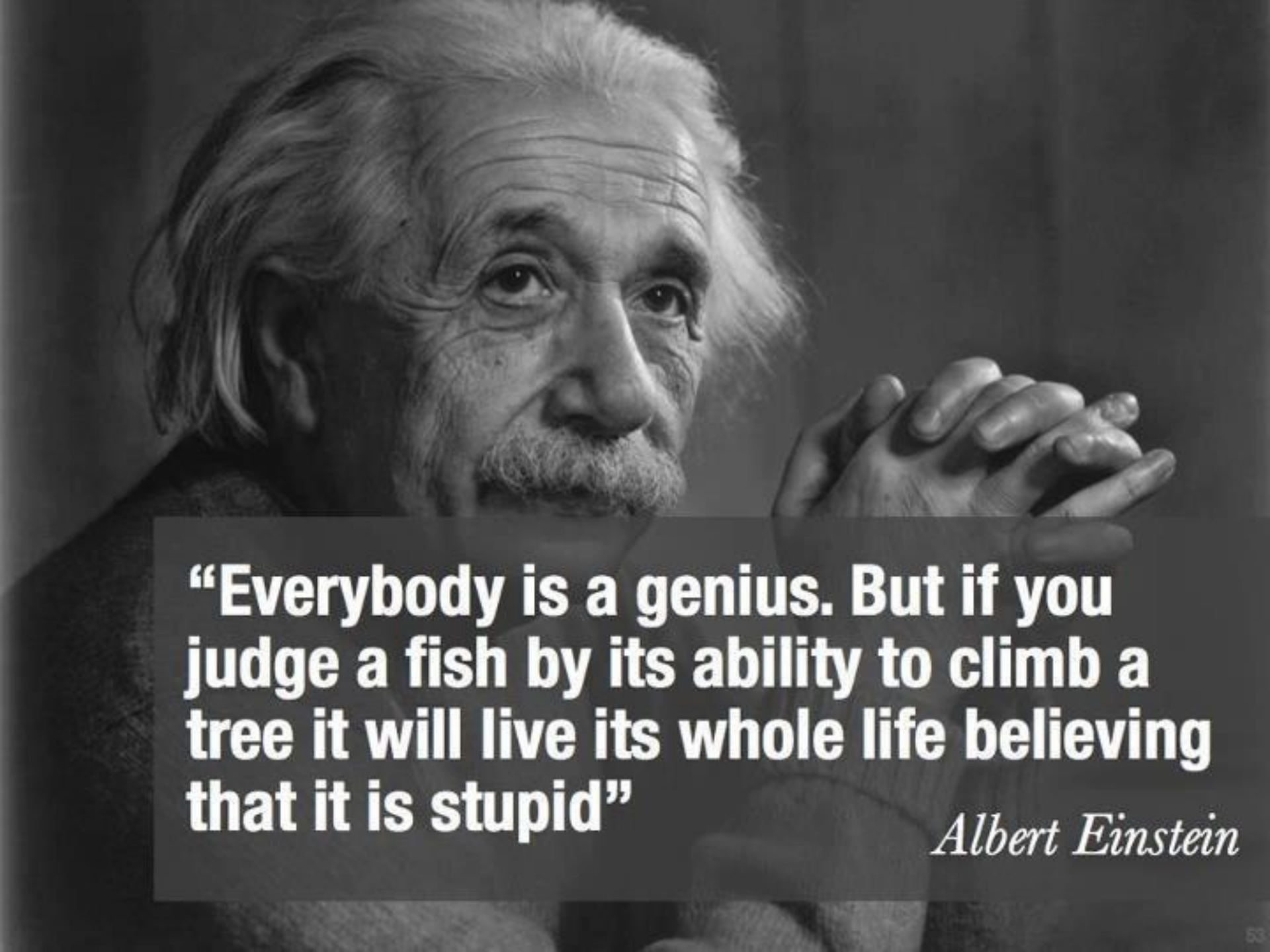
Goal

Habitat

Temukan ke**HEBAT**anmu!



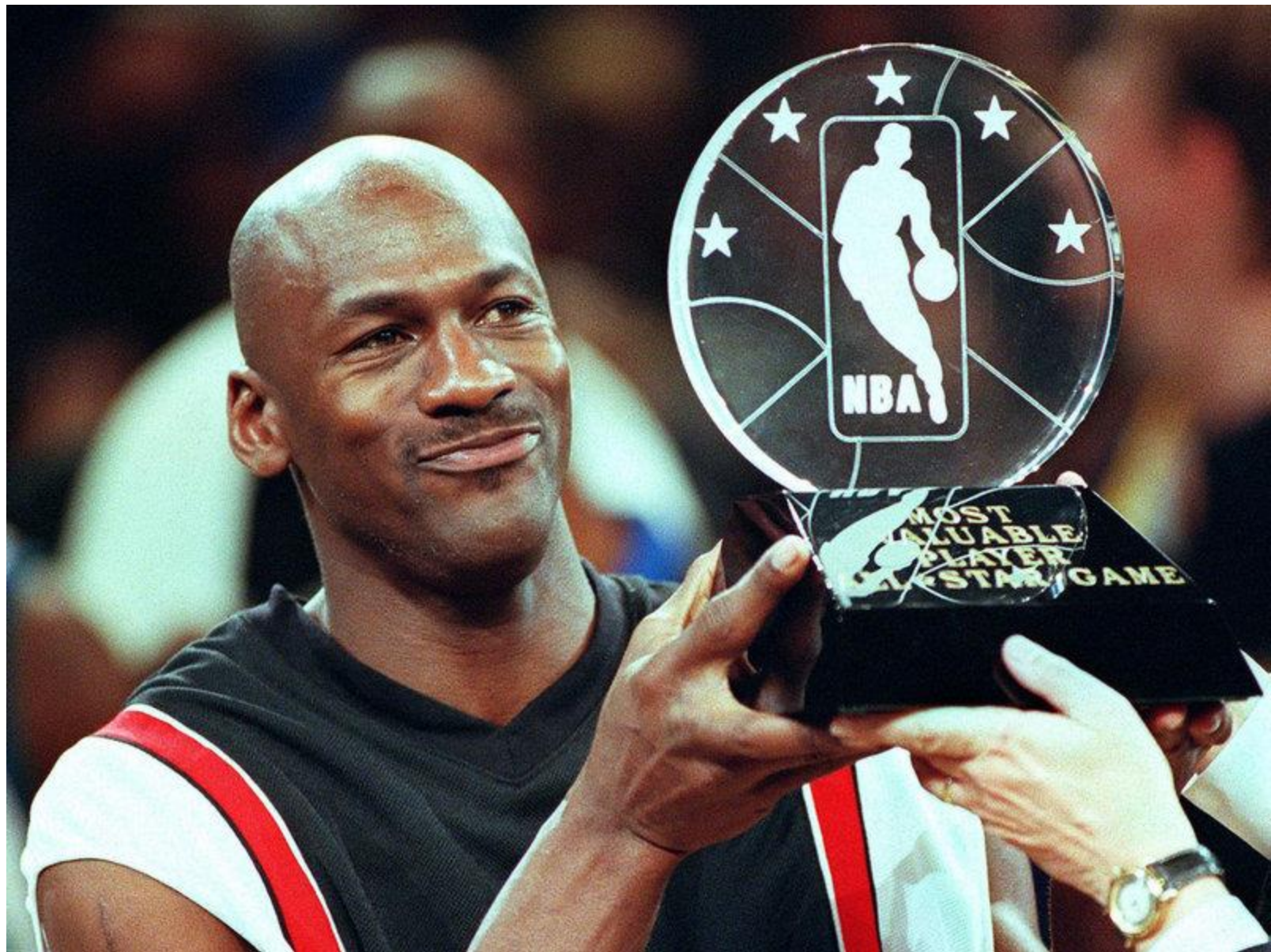
Kurikulum : Lari, Renang, Memanjat

A black and white portrait of Albert Einstein, showing his characteristic wild hair and mustache. He is looking slightly to the right of the camera with a thoughtful expression. His hands are clasped together in front of him. The background is dark and out of focus.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid”

Albert Einstein

You don't have to be
GOOD at everything.
Choose the *CRAFT*
you are most
PASSIONATE
about and **MASTER** it.





Am I On The Right Path?

- Termotivasi
- Bergairah, semangat (Passionate)
- Berbakat = hasil yang baik
- Jalan yang terbuka

Berani Mempunyai Impian



5 Alasan Orang Tidak Berani Bermimpi

- Saya tidak punya kemampuan
- Saya terlalu tua / muda
- Saya gagal berkali-kali
- Saya orang miskin
- Saya takut gagal

Tentukan Goals!

- SMART Goal
- Area : studi, finansial, relasi, kesehatan,
- Strategi
- ACTION!

THANK YOU