

Research Paper Topic

The research paper that I propose to write contains reason and effort that is already designed for self-care but can only be obtained if one has the desire to improve. Motivation and behavior are key elements that I intend to present as two of the major areas of psychology, I feel, corresponds most with self-care.

Over the past two years I have been focused on self-care and found that with motivation. I found mental and physical behavior changes that greatly impacted my well-being which, in turn, brought positive change with obstacles in my life.

My paper will include research on how motivation can affect certain areas of one's personal and professional life through organization, discipline, reinforcement, drive, and arousal and how they can be beneficial to self-care. I will discuss theories on motivation from Maslow, Hertzburg, and Taylor. There will be areas in which some may disagree with my findings, however, presenting them in my paper is to shed light on the concept of only one way that certain people may find helpful in their journey for self-care.

Basic principles, levels, and concept of self-care with motivation will be leading elements in my research. Self-care is important to psychological and even physiological well-being. It is unfortunate that some people chose to allow negativity to consume their life. Allow it to determine how one will live their life.

Every person is different, and no matter the way you were raised, the words you hear, or the "how the cards are placed", each individual person, has the opportunity for self-care and to change who they are, despite what others have said, or led to believe. One of my favorite quotes comes from Maya Angelou. "As you grow older, you will discover that you have two hands, one

for helping yourself, and the other for helping others." I strongly believe it to be true. How can you possibly reach to help someone when you cannot even help yourself?

Understanding that no matter how many times you fail, that does not mean it is time to quit. Someone fails, that is not the end...they have been given the opportunity to learn from that fail. They have to say yes! Yes, I can! Yes, I should! Yes, I will! Why? To keep going because they said you cannot, should not, or would not. That person needs to have self-care in place to say YES!