

## “Motivational psychotraining” is the best way for young people to understand themselves

On November 1, 2019, in “Curator hour” was organized "Motivational Psychotraining" for 4-year students of the department of Reclamation in the 3rd hall of the G building. Motivational Psychotraining took place in the form of “Debate”.



If we consider a person’s life as his advance along the development path, then we can say that life is a process of constantly overcoming new borders, achieving better results, self-development and personal growth. In this process, one of the dominant roles is the question of the meaning of all actions and actions that a person commits. What influences a person’s activity and his behavior? Why is he doing anything at all? What motivates him? After all, any action almost always has its own motive. Motivation is an internal, emotional state that prompts a person to act. Motivation is the most important element to achieving your success.



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