

4 Ways to Improve Performance: Cool New Science on Motivation

June 09, 2022

Performing well, getting things done and constantly improving are part of the human experience. People have an instinct to matter—and you want to do great things in your work and in your personal life. And now is the perfect time to reset your motivation and reengage your efforts.

Science has discovered new ways to get motivated and improve performance—and certain tactics work better than others. The research is well-timed: Performance is top-of-mind for the majority of people. According to a study by [Monster](#), a third of workers regularly think about quitting their jobs, and research from [Fidelity](#) reveals 61% already have.

Whether you're thinking about your performance in light of quitting, staying or starting something new, it's all about feeling like you matter, knowing you're valued and craving to make a contribution—it's about motivating performance.

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