

Motivation Creation

Motivation is the feeling we have inside about the things we want or need to do. When we are feeling unmotivated, we have the power to change the way we think.

Directions: Review the motivation strategies in the toolbox below. Then read the scenarios and write which strategy (or strategies) are being used to motivate the person.

Motivation Strategies Toolbox

Plan for practice * Focus on the benefits
Get help * Think about past successes
Make the task meaningful * Make the task more fun

	UNMOTIVATED	MOTIVATED	WHICH MOTIVATION STRATEGIES ARE BEING USED?
1.	"I can't believe I have to clean my room again. My parents are never satisfied!"	"I think I'll listen to my favorite music while I clean. That always makes the time fly by. And I think I'll buy an ice cream with the allowance I earn."	
2.	"I don't know why my teacher picked me to speak at the school assembly. I'm terrible at speeches. I'm going to embarrass myself in front of the whole school!"	"Speeches are hard, but I remember thinking math problems were impossible and then getting better with practice. I think I'll ask my friend, Jo, to help me - she's awesome at speeches."	
3.	"This social studies project is so boring! Why do we have to learn about things that happened before I was even born?"	"For my project, I think I'll tell the history from the viewpoint of a kid from that time, just like me. And maybe I'll make a video - that's so much more fun than writing."	

Describe something that you are *unmotivated* to do. Choose one strategy from the toolbox and explain how you can use it to get more *motivated*.
