

It's All in Your Head.

When you're feeling unmotivated to complete a task, you can change your thought patterns to boost your motivation.

Directions: Read about the motivation challenges and solutions below. In each box, describe challenges that you face and solutions that can boost your motivation.

CHALLENGE: "I HAVE TO" - Feeling forced to do something ("Why do I have to do these chores?")

SOLUTION: "I CHOOSE TO" - Make the task more enjoyable or focus on the benefits ("I can listen to music to make the time go faster." "I'm going to use the allowance I earn to go to the movies.")

My Challenge:

My Solution:

CHALLENGE: "I CAN'T DO THIS" - Feeling worried about completing a task successfully ("I'm going to bomb that presentation.")

SOLUTION: "I CAN WORK AT THIS" - Plan for practice, think about past successes and seek help ("Last time I made a speech and practiced a lot beforehand, I did well." "Jo is great at speeches - I'm going to ask her for tips.")

My Challenge:

My Solution:

CHALLENGE: "I DON'T CARE" - Feeling that a task is pointless ("This history project has nothing to do with my life.")

SOLUTION: "I CAN MAKE THIS MEANINGFUL" - Make the task more meaningful or appealing. ("I'm going to rewrite the lyrics to my favorite song to make the project more fun.")

My Challenge:

My Solution: