

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## What is Motivation?

Motivation is our desire to get something done. Everyone needs motivation to accomplish daily short-term and long-term tasks in our lives. You need motivation to start your homework, clean your room, head to the gym, and even get up to take a shower in the morning. Having lots of motivation is a great thing, but it's very common to feel highs and lows with motivation throughout time. Today, for example, you might feel highly motivated to work on that science lab that's due in a week. Tomorrow, though, maybe you don't feel as well and end up slacking on it due to your lack of motivation.



So why is motivation so important? It's the drive that helps us do what we need to do! When you have a high level of motivation, you can accomplish a task quickly and efficiently. When you're feeling particularly unmotivated, though, finishing that same task can be extremely difficult and time-consuming.



Answer the following questions to help you start thinking about motivation.

1. What does having a high level of motivation mean to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. When are some times that you felt highly motivated to do something? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. How could increasing your level of motivation help you both now and in the future? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Lack of Motivation



Everyone experiences a lack of motivation sometimes. It's normal to feel less motivated to do something you don't like to do. Examples might include cleaning your room, taking out the trash, or starting a really challenging report. You might also feel less motivated to do something when you're not feeling your best, especially if you are tired, sick, or just in a bad mood. Those are all normal and everyone goes through those ups and downs with motivation.

Having a lack of motivation can be a problem, though, if you are not finishing the task you need to. Let's consider Ron as an example. Let's say Ron has a term paper due in two weeks. The first few days maybe he's not super motivated because he was sick.

If after two days, Ron can pull himself together and start his term paper, things will probably be fine. But what if Ron never regains his motivation to start or finish the term paper? That is when it could be very bad for Ron. He could score a 0%, not get any extension from the teacher, and possibly end up failing the entire class. That is how a serious lack of motivation can be trouble.



Review each scenario below. Identify how each person's lack of motivation could negatively impact them. Consider what the consequences might be.

Lack of Motivation Scenario	Negative Impacts of Lack of Motivation
#1 Every day Greg has almost no motivation to start his homework. He has only turned in 2 homework assignments all semester.	
#2 Meghan started a new job that she hates. When it's time to go to work, she struggles to leave and has been late 4 times already in the first two weeks.	
#3 Lauren has a group project due tomorrow. Her part of the project is to write three paragraphs, but she hasn't even started them.	
#4 Orlando has three chores he is supposed to do every week at home. He hasn't done them yet and it's the end of the week.	
#5 Molly has basketball tryouts later in the week. She should be practicing but she doesn't feel like it.	

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## Strategies for Motivation



Everyone needs strategies to help boost their motivation. Having ways to increase your motivation can help you get your tasks and responsibilities done. You will learn about several different ways to increase your own motivation. Here is just a sneak peak:

- 1** Working Towards Your Goal – Know your own personal goal so you can work towards accomplishing it. When you have a written goal, you are much more likely to achieve that aspiration.
- 2** Boosting Your Mood – You have to find ways to improve your mood in order to increase your motivation. If you don't feel your best, you're more likely not to DO your best, either.
- 3** Giving Yourself Incentives – Sometimes just giving yourself a small incentive, like time for a videogame, television show, or time with friends, can help you accomplish what you need to. Giving yourself a reward is a simple thing to do.
- 4** Starting With Just 1 Thing – Sometimes getting started is the hardest part. Make a list and choose just one thing to start. Once you accomplish that, it will be much easier to keep going with your assignment or task.
- 5** Using Reminders & Cues – Give yourself reminders and cues that will help cue your brain to get going. Reminders can be on paper, electronic, or even a verbal reminder by a parent or friend.
- 6** Not Letting Failure Derail You – It's common to feel crummy if you don't do well at something. However, failure shouldn't stop you from achieving your goals. Find a way to "get over" your failure and move on to what you are working towards.
- 7** Staying Positive – Keeping a positive attitude and thinking pattern definitely helps you stay motivated. Being negative really does the exact opposite.
- 8** Enjoying Your Success – Take time to feel good about completing your goals. If you skip this step, you'll never learn to be truly satisfied when you accomplish something. It's important!



CONSIDER: Do you already use any of these strategies? If so, what? How do they work for you?

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Motivation Journal #1

What is something or someone that really motivates you? Why do you think you are highly motivated by it? How can that help you with other tasks in life?



A series of horizontal lines for writing a response to the journal prompt.