

Motivation

Finding Your Core Motivators for School

My personal definition of “success” is:

Core Motivators

Rank the motivators from 1-10 with 1 being the most like you...

- _____ I like things to be perfect. (B)
- _____ I love being useful and giving to others. (S)
- _____ I want to be the best at what I do. (C)
- _____ I love feeling my emotions. (S)
- _____ I love being the expert. (H)
- _____ I tend to think up worst-case scenarios. (C)
- _____ I want to have the best. (B)
- _____ I love a good challenge. (H)
- _____ I like it best when everything is peaceful. (S)

B= Behavioral C= Cognitive H= Humanistic S= Social

What Really Drives You?

Why is school important to you? Does doing well in your classes tie in with your goals? If so, can you find a reason to do the work that is required?

What are ways that you reward yourself to keep motivated? (good grades, pleasing others)

How do you stay positive with your academics? (no negative thoughts, courage)

What motivates you when you think about the future? (graduation, achieving goals)

Who is in your support system?

Friends in the school? _____

Staff in the school? _____

At home? _____

What three forms of motivation can you use this week?

1. _____
2. _____
3. _____