

Name: \_\_\_\_\_ Block: \_\_\_\_\_ Date: \_\_\_\_\_

## MOTIVATION

1. What motivates you?

- Want to do your best
- Interests/hobbies
- Learning things
- A challenge
- Graduation
- Want to get into a college or university program
- Want to get a certain job
- Like helping others
- Other: \_\_\_\_\_

2. Where do you see yourself after you graduate high school?

\_\_\_\_\_

3. What do you do to stay motivated? (e.g. hanging out with friends, watching favourite movie)

\_\_\_\_\_  
\_\_\_\_\_

4. What do you do when you lose motivation? (e.g. talk to people who help you)

\_\_\_\_\_

5. Who helps motivate you to achieve your goals?

\_\_\_\_\_



**Please turn to the next page.**

# MOTIVATION STRATEGIES



Pick **one** or **two** strategies that you would like to start using this week/month.

- Set a SMART goal
- Prioritize what you need to focus on first
- Make a checklist of things you need to do
- Set up a schedule (e.g. write it on a calendar)
- Set reminders (using your phone or weekly planner)
- Take breaks
- Avoid distractions. (e.g. turn off notifications)
- Rewards yourself when you're on track (e.g. watching a movie or hanging out with friends)
- Use self-care strategies (e.g. mindfulness)
- Hang out with people who support you
- Use positive imagery (e.g. picture yourself relaxing after finishing a test or project)
- Ask for help when you need it