

Staying Motivated



GREETING: Your choice! Greet others any way you choose.

INTRODUCTION: Motivation is the desire to accomplish something. Learning how to stay motivated can help you complete tasks, even when you don't really feel like doing something.

DISCUSSION QUESTIONS

- What motivates you?
- Why is it important to teach yourself how to stay motivated?
- How is motivation related to work ethic?
- What do you do when you just don't feel like finishing work or a task? How do you motivate yourself?
- What habits or routines help you stay motivated?
- What words can help you motivate yourself?

Activity #1

Split up into 3 groups. Each group should think of a situation where your motivation is lacking. What positive self-talk can you use to motivate yourself to keep going?

Activity #2

Remember your WHY! When you are struggling with finishing a task, think of reasons why it matters. Brainstorm your "why" for: Doing your homework, getting to school on time, and cleaning your room.

Activity #3

Celebrate your success! Learning how to be proud of your accomplishments is a great way to keep yourself motivated. Share something you are proud of accomplishing.

CLOSING: Learning to stay motivated can be a key to your success. What is one strategy you can use to motivate yourself?

FINAL THOUGHTS: Share any final thoughts, questions, concerns, or needs.