

UP TO SPEED

Motivation mojo is on the way!

Materials: Worksheets, motivation templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Jack and Skye were completely unmotivated to prepare for the Field Games. Instead of changing their activities and eating habits, they played video games and ate junk food.

When the Field Games finally arrived, it was too late to change their routine and properly prepare.

To prevent ourselves from performing poorly, we need to boost our motivation.

What is motivation? It's the desire to do something or achieve something. It's the reason we act or behave in certain ways. When we're motivated, we're excited to do something.

But what happens when we aren't motivated? When we know we should complete a task, but just can't muster up the energy to do it? We often convince ourselves we'll do it later.

So, when we aren't feeling motivated, what can we do to push forward and reach our goals?

Let's come up with a plan to help motivate us to stay on task and meet our goals!

STEP ONE

Think of common activities and tasks you often face and don't want to do. Write them on your motivation template.

Next to each activity or task on the template, list ways to motivate yourself to complete the activity. You'll have 8 minutes.

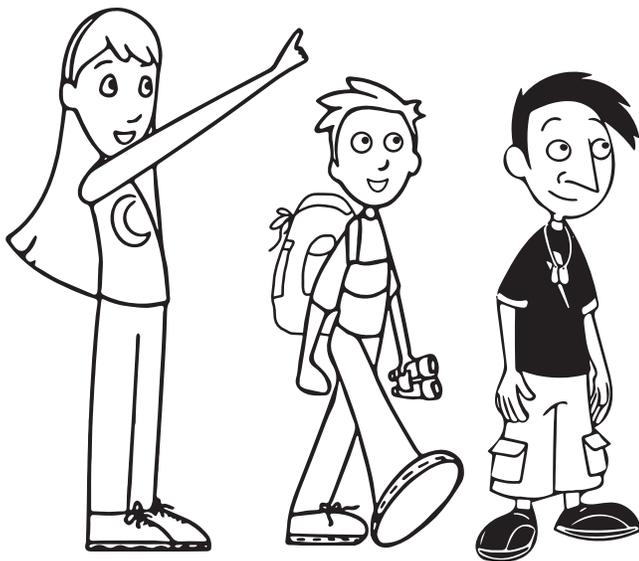
(Set the timer for 8 minutes.)

STEP TWO

We'll go around the room and share and act out our ideas for motivation. If you like someone else's idea, write it on your motivation template.

STEP THREE

Take your motivation template home. When you feel like you don't want to do something, read your ideas. Get your motivation mojo going!



COMMON ACTIVITIES AND TASKS	WAYS TO MOTIVATE MYSELF TO COMPLETE THE ACTIVITY