

motivation

This worksheet is a guide to promote discussion and thought about motivation using Think-Feel-Be resources

Motivation develops from a combination of internal motivation (how well you drive yourself), and external motivation (how well you respond to motivators from your life). Internal factors include your self-talk, your passion, and your energy. External factors include your supports, your time and your organisation. High-level motivation is not necessarily natural and there are a range of things that you can do to help your motivation.

Use the sheet below to assist you to develop and maintain high level motivation.

Know your strengths to keep you motivated. List 5 strengths that you have and why they are strengths. Using your strengths helps you to stay motivated.

Record 2 goals for the next 3 months and 12 months, write what actions are required to achieve these goals.

Identify support people that will help you to stay motivated and achieve your goals.

Think about your own past experiences and what has helped you be motivated previously. Use these experiences to help your motivation in future.

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Think about 2 or 3 things that lower your motivation and what you could do so that they did not lower your motivation.

Choose 2 words from the Think-Feel-Be motivation that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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