

MOTIVATION

Feeling motivated means that we are excited and ready to take action to accomplish a goal or idea. When we feel unmotivated, it keeps us from getting things done and making any progress.

What is something you are feeling unmotivated about?

How do you think it got to be this way?

What would happen if you were to suddenly become motivated? How would things look differently?

Think very hard! What are three things you can do to make it more exciting to reach your goal?

1.

2.

3.

What would you need to do to keep up the excitement until you reach your goal?

What can you start doing right now?
