



Activity Sheets

Worksheet # 1 – “What is Motivation?”



“Creating a Fire” - A Way to Define Motivation

Directions. Read the following definitions of ‘Motivation,’ and highlight the words and phrases that resonates the closest to how you would define the term.

Motivation Definitions:

- Providing a reason to act in a certain way
- Desire, interest, incentive or drive to do
- The process that arouses, sustains and regulates behavior
- The reason one has for acting or behaving in a particular way
- Aroused to take to action toward a desired goal
- The process that initiates, guides and maintains
- That which causes us to act
- Needs, desires, wants or drives within an individual
- The process of stimulating people to action
- Factors that stimulate desire
- To be continually interested and committed to make an effort
- Inner power or energy that pushes us toward action

Worksheet # 2 – “My Motivational Sparks”

Directions:

1) Thinking about your responses to the Motivational Sparks images you reviewed, rate each common motivator according to how strongly it motivates you. Circle the number of “sparks” the motivator has for you. 2) Write down additional personal motivators on the bottom of the worksheet. 3) Identify your top 3 and put a 1, 2, and 3 in the space to the left.

Not Motivating Somewhat Motivating Highly Motivating

1. Challenge

2. Impact

3. Power

4. Wealth

5. Recognition

6. Fear

7. Sense of
Accomplishment

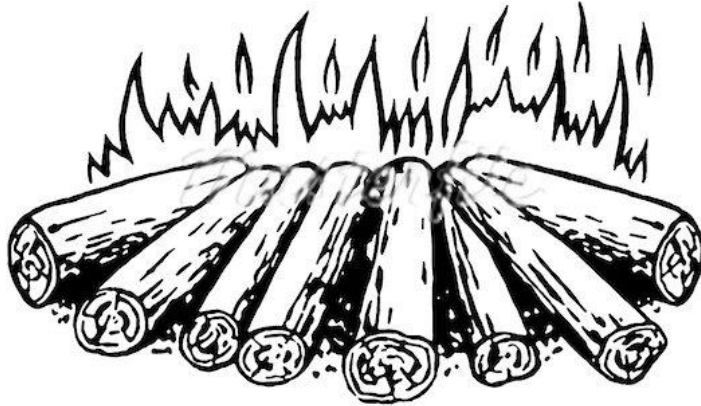
8. Creating

9. Learning

10. Contribution

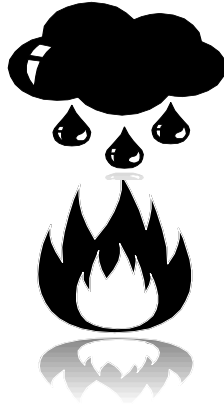
Other strong motivators for me include: 1. _____ 2. _____

Worksheet # 3 – “A Successful Fire”



1. Identify a goal you have achieved in your life that was meaningful.
2. What was your motivation for achieving your goal? Was it the motivation of being *challenged*? To have a sense of personal *power*? To *learn* something new? To be *recognized*? Or something else?
3. Write the steps you took towards your goal.
4. What meaningful results did you experience in your pursuit?
5. How were you able to stay motivated to keep pursuing your goal? What kept your fire burning?

Worksheet #4 – “The Fire that Faded”



1. Write down a recent goal you set but did not achieve.
2. What motivators inspired you in the beginning?
3. What factors caused you to lose your motivation to achieve your goal? (Explore and write down all the deterrents to your success.)

Worksheet #5—"The Steps of Rekindling"

In the space provided, please take notes on the steps of the rekindling process.

Step 1: Restate the Goal

Step 2: Acknowledge its Importance

Step 3: Determine Your Motivator(s)

Step 4: Acknowledge Progress

Step 5: Select Supports

Step 6: Determine Action

Step 7: Lock it In with Benefits





Worksheet #6 – “A Personal Rekindling”

Step 1: Reclaim your goal: *What was my last goal? What is my new goal?*

Step 2: Acknowledge its importance: *Why is it important now? What has changed? How have I changed? What have I learned from my prior attempt that will benefit me this time?*

Step 3: Determine your motivators: *What is motivating me to complete my goal?*

Step 4: Acknowledge progress: *What progress did I make? Where am I starting from now?*

Step 5: Select supports: *How will I keep motivation high this time? What supports can I put into place to support me in my success?*

Step 6: Determine action: *What is my first step? What next steps will keep me moving forward?*

Step 7: Lock it In with the benefits: *How will my life be different when I achieve my goal?*

Homework

Lighting Your Fire - Motivation's Celebration!

One of the biggest keys to staying motivated is seeing results. Your external results fuel your internal motivation. When we see results, it is important to stop and truly acknowledge our progress. It is important for us to celebrate.

Think about your rekindled goal. You have identified the first step you will take as you recommit to that goal. What will some of the milestones be along the way? How can you celebrate them?

Identify at least three points of progress along the way where you will celebrate as you continue towards your goal. What kind of result will tell you that you are making progress? How will you celebrate your continued motivation and the progress it creates?

Progress Point #1: I will first celebrate when I _____
_____.

I will celebrate by _____
_____.

Progress Point #2: I will celebrate next when I _____
_____.

I will celebrate by _____
_____.

Progress Point #3: I will celebrate next when I _____
_____.

I will celebrate by _____
_____.

Remember to pause and acknowledge each success you have and to celebrate! It will keep your motivation high!