



# Self-Awareness - Activity 2

## Exploring motivation



**Time Taken:** 40 - 50 minutes

### Skills Developed:



Self-awareness



Resilience

### Resources Required:

- This worksheet

### Instructions:

1. Complete the 'Who am I?' task
2. Define motivation and explore why it is important
3. Explore different strategies for motivation
4. Explore what motivates you

### Learning Outcomes:

1. Understand what motivation is
2. Develop different strategies for motivation
3. Explore what motivates you

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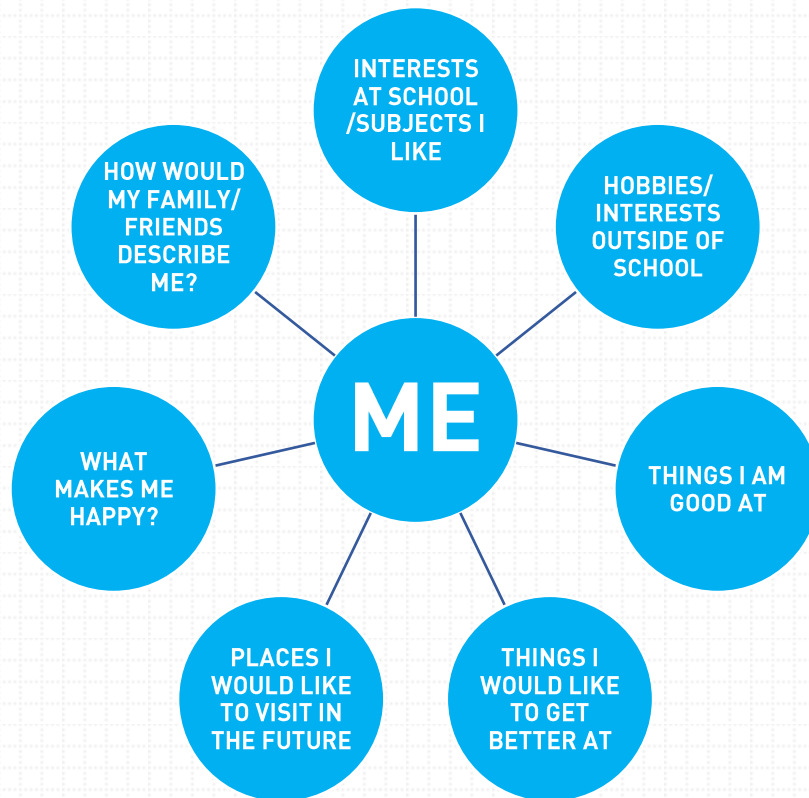
## Who am I?

Mindfulness allows you to focus on the present and reflect on yourself in a non-judgemental way.

If you haven't tried mindfulness before, our previous activity sheet explains what to do! Try to put yourself in a similar state before completing this task.

What are you like as a person? Use the headings below to help you make notes.

**Task: Complete the diagram below by making notes under the different headings.**



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## What is motivation?

**Task: Read the definition of the word 'motivation' below.**

Motivation = something that gives us the energy and interest needed to make the effort to achieve a goal

**Task: Answer the questions about motivation below.**

1. Can you explain what motivation is *in your own words*?
2. Why is motivation important?
3. What are the things that motivate you? Try to list 3 things.

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## Developing motivation

The science behind what motivates us is interesting. Read the information below to learn more about what successfully motivates us to complete challenging tasks.

**Task: Read the information about motivation.**

### REWARD

For many people, it is the reward that motivates them to do a task.

There are many tasks people would not do if there was no reward involved. A reward could be a trophy e.g. winning a competition, or financial e.g. money for completing a task.

### CHALLENGE & LEARNING NEW THINGS

Some people who enjoy a complex challenge, a reward (of money or something else that the person wants) can be distracting. It can stop you from being able to think properly about the task, and actually make you less likely to complete it successfully. This is called the 'distraction effect'. For these people, it is achieving the challenge that is most important

### INDEPENDENCE

Does working for yourself sound interesting? Lots of people work for themselves as an entrepreneur and are motivated by not having a boss to answer to.

You may also work as a manager in a company and be able to explore your own ideas.

### SENSE OF ENJOYMENT AND FULFILMENT

A sense of fun can be a strong motivation for successful completion of a task. If we enjoy doing something, we are much more likely to continue doing it.

Additionally, doing something that fulfils you because you believe it is the right thing to do can also be a strong motivator e.g. working for a charity or as a lawyer.

### A MIXTURE OF EVERYTHING

A mixed approach provides balance. It's very unlikely someone's motivation for completing a task will be just one of these. It requires accepting a little bit of everything to find what motivates you every day to do a task.

Realising what this is, is one part of self-awareness. Exploring the factors that motivate you is really important.

Remember, what motivates you will be different to what motivates someone else. We are all different, and that's ok!

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**Task: Now you have explored what motivates different people, answer the questions below.**

- 1. Is everybody motivated by the same thing?**
- 2. What tasks or job might someone do if they are motivated by a sense of fulfilment or enjoyment?**
- 3. In your own words, what is the 'distraction effect'?**
- 4. Is anyone motivated by just one thing? Why?**
- 5. What tasks do you think someone might do if there was no reward involved?**

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## Your motivation

On the next page there are empty boxes with different motivations. Completing that sheet will help you to work out what it is that motivates **you**.

Follow the instructions on the sheet to work out what your biggest motivator is.

**Task: Complete the My Motivation sheet below.**

### REWARD

How important is a reward to motivate you to do a task? What kind of rewards do you like?

### CHALLENGE & LEARNING NEW THINGS

What challenges do you love completing? Is there a subject or activity you enjoy progressing in?

### INDEPENDENCE

How do you like to work on new ideas?

### SENSE OF ENJOYMENT AND FULFILMENT

What do you really enjoy doing?

### A MIXTURE OF EVERYTHING

Try mixing some of the ideas above together to work out what motivates you.

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## Optional Task - Sharing Your Learning

The following task is an optional one to help develop your learning further. One of the best ways to consolidate your learning is to share what you have learned with someone else.

Can you answer questions about what you have been learning?

**Task: Find someone who is at home with you. They should ask you the questions below. Your job is to answer the questions.**

Questions:

- What does the word 'motivation' mean?
- How can motivation help you?
- Can you tell me 3 different strategies for motivation?
- What are the things that motivate you?

What did you find difficult during these activities?

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