



Personal Leadership Development Challenge

Part 5: Motivation

Motivation is how you take your goals, and then turn your thoughts and emotions toward accomplishing those goals.

Staying motivated is more important than ever, with most of us stuck at home for the beginning of the school year. Sometimes it's tough to find the motivation to do your homework, exercise, get off the couch, or even get out of bed in the morning.

In this activity, we will teach you some strategies for motivating yourself and others, and explain how this will benefit you with your goals. You should have completed the first four leadership activities before you do this motivation activity.

Motivation Toward a Goal

Our first strategy to make progress with your motivation is called 'motivation towards'. When it comes to any goal we create, we could either "motivation away", which would be saying that you will not wake up late anymore, or you could try the more effective style of "motivation towards", which would be saying that you will start to wake up earlier.

By setting these positive goals to complete, you reward yourself every time you accomplish one of them, rather than feeling guilty when you don't accomplish anything. You will be able to see that you are constantly making progress.

Assignment

Activity 1 – Motivate towards

Choose three changes that you want to make in your lifestyle, or yourself, that you think will reflect positively. Use the worksheet below to document them.

Some examples might be

- *Lose weight*
- *Be organized or*
- *Not be tired all the time*

Now, if they aren't already, change those into a 'motivation towards' goal. Write it down in a way that tracks positive change. With these goals, you can make small steps in the right direction and track it for self-motivation.



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“Lose weight” becomes “Get in shape”

Be organized is already a “motivate towards” goal, and

“Not be tired all the time” becomes “Be more energetic and awake”

Activity 2 – Reasons to accomplish my changes

The next exercise is around motivation and envisioning results. You need to think to yourself: why do I really want to be doing this thing or pursuing this goal? This may take some self-reflection in order to find out the root of why you want this.

When you are thinking about your goals, you can envision how you would be if you haven't achieved your goal versus life when you do achieve your goal.

Having this constant reason to complete this goal will provide the motivation to keep going forwards.

List your reasons on the worksheet.

Example:

Get in shape – I would like more energy to do things with my friends; I want to learn to ski; I want to look good in my Homecoming dress

Get organized and prepared – I want to get better grades, which means turning in my homework; I need to apply for scholarships this year, and they all have deadlines; I want to get more sleep, which means getting homework done earlier each evening

Be more energetic and awake – I'm too tired to finish homework assignments sometimes, which leads to lower grades; I'm not very much fun when my friends want to do stuff, because I'm tired; If I had more energy, I would be more interested in working on my TSA projects

Activity 3 – Obstacles

Any time you try to accomplish a goal, or make a change, you will run into obstacles. By defining possible obstacles to success as part of your process, you can make plans to overcome those obstacles, rather than being blindsided by them.

On the worksheet, list obstacles to accomplishing each of your changes.

Activity 4 - Process

The next activity is connecting your motivation to the process of turning your thoughts into outcomes. You can look at the Thoughts, Actions worksheet to see how your thoughts effect your emotions, and your actions. Keep this in mind when you create your own processes.

Example



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Rather than thinking that you need to lose weight to have more energy, you might be thinking “I am fat, and nothing I do helps.” This might cause you to feel embarrassed, and frustrated, and anxious about how others perceive you. If you don’t see results when you exercise, you may get depressed, and have low energy levels. This causes you to quit exercising, or console yourself with chocolate ice cream. The end result is that you don’t lose weight, and you feel badly about yourself.

Activity – take a change from Part 1, and list it in a positive fashion.

Example

I’m going to get in shape, and have more energy. This will cause you to feel energized, and optimistic. You will then set measurable, achievable benchmarks for success. Each small success will lead to a feeling of accomplishment, and you will end up feeling good about yourself.

Motivation takes time and practice, so stay committed to your goals. We hope that you will benefit from these in your school, TSA, and future goals.



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Motivation Worksheet

	Change 1	Change 2	Change 3
Activity 1: Choose your changes			
Change to "motivate towards" changes			
Activity 2: Reason(s) why you want to reach these goals			
Activity 3: Obstacles			

Activity 4:

Change:

Thoughts:

Emotions:

Physical feelings:

Motivation:

Behaviors:

Outcomes/Results: