

Motivation

Motivation is an emotional response to a task you do not want to do. In order to demonstrate motivation and to help you complete the task, you must answer these questions immediately upon being given the task. Taking the time to “plan the process” necessary to reach the goal is how you show others know you are motivated. Others who want to help you succeed can then ask you how they can help. This is a respectful way to work together.

Task

1. Why will I do this task? What do I get for it?
2. Have I ever done anything like this before? How did it go?
3. How much time do I have to complete this task? (Is it enough?)
4. What materials do I need? (Do I own them? If not, where do I get them?)
5. Who will I go to for help if I get stuck or need more information? (What sources available to me?)

Parent, Coach or Counselor's Response Sheet

Name _____

Adult _____

1. Is there anything you will need from me?
2. If I notice the plan is not working, what type of response or action would you like me to take?
3. If this is a long-term project, how can I help you to sustain your persistence over time?
4. Do you know how you will reward yourself for following your plan? If so, what incentive do you have in mind to help keep you motivated?