



Motivation is defined as the process that initiates, guides and

maintains goal-oriented behaviors. Motivation is what causes us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge. It involves the biological, emotional, social and cognitive forces that activate behavior. In everyday usage, the term *motivation* is frequently used to describe *why* a person does something. There are three major components to motivation: activation, persistence and intensity.

Activation involves the decision to initiate a behavior, such as enrolling in a physical activity.

*Persistence* is the continued effort toward a goal even though obstacles may exist, such as doing extra workouts or practices although it requires a significant investment of time, energy and resources.

*Intensity* can be seen in the concentration and vigor that goes into pursuing a goal. For example, one student might coast by without much effort, while another student will practice regularly, participate in workouts and take advantage of playing opportunities outside of class.

<u>Acceptance</u> in human psychology is a person's assent to the reality of a situation, recognizing a process or condition (often a negative or uncomfortable situation) without attempting to change it, protest, or exit. Accepting someones abilities involves controlling your attitude and reactions. If someone has a low ability level you might need to control a reaction of frustration and instead think about how you can react in a way that will help the situation. A sincere response is best, if someone seems really frustrated a quiet 'good try' might be best or if someone really dove for a ball, an excited 'nice attempt' or a high five and a smile might be better. Very few people are motivated by negative reactions (faces, comments, body language, or even silence).

**My** (*physical/academic/personal*) **long term goal:** *The Goal you write must be... Specific* – target a specific area for improvement. - *Measurable* – quantify or at least suggest an indicator of progress. - *Achievable* – must be realistic - *Relevant* - must be related to your life and improvement of your life in some way. - *Time-related* – specify when the result(s) can be achieved.

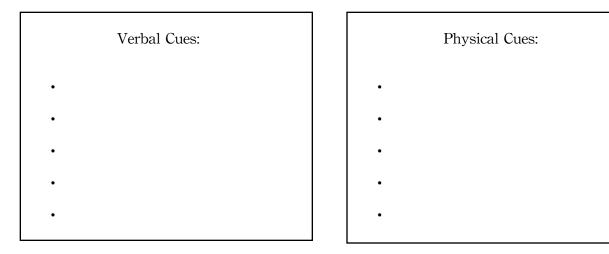




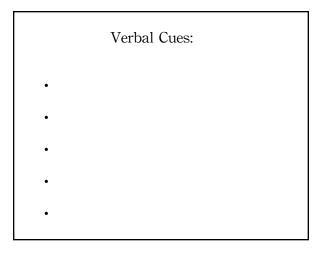


I am most motivated when I am \_\_\_\_\_\_. I am motivated to do well during this activity because... (finish the sentence and then expand on your answer in full sentences)

### I am motivated by:

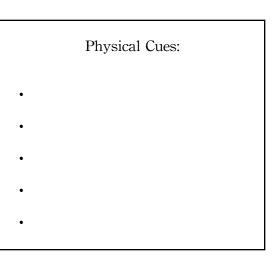


I am unmotivated when others react like:



List 3 Things you are motivated to do and three things you are not motivated to but you have to accomplish.

1.			
1. 2. 3.			
1.			
1. 2. 3.			
J.			



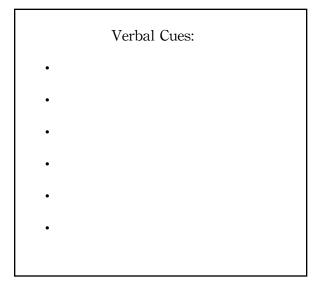
I am good at motivating in the following ways:

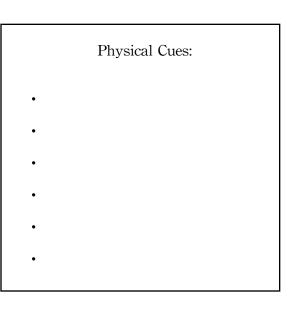
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**Motivation Interview** 

Partners Name:			
Partners Favorite Colors (2):			
Partners current long term physical (academic/personal) goal:			
Partners favorite motivational quote or saying:			

Things that motivate my partner are:





<u>My partners favorite things:</u>
(food, sports teams, band/songs, TV show,
dance moves, words, people)
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Some of my partners strengths are:

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### Motivation Poster Requirements -

- their name
- their goal and motivation to achieve it
- a way to track their goal ( a check list, tracking section practice chart)
- decorated with their favorite colors
- must include positive elements of your partner
- things that motivate them, song lyrics, favorite bands, shows, foods, friends

**Optional** (bonus point opportunity):

- you can burn them a CD with a motivating song
- write them a cheer or theme song
- create a unique handshake/high five
- bring them something they love

### Rough Draft