



Motivation and Acceptance



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.

Acceptance 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 someone's 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.



Motivation and Acceptance

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:

Verbal Cues:

-
-
-
-
-

Physical Cues:

-
-
-
-
-

I am unmotivated when others react like:

Verbal Cues:

-
-
-
-
-

Physical Cues:

-
-
-
-
-

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

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

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:

Verbal Cues:

-
-
-
-
-
-

Physical Cues:

-
-
-
-
-
-

My partners favorite things:

(food, sports teams, band/songs, TV show, dance moves, words, people)

-
-
-
-
-
-

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

