**Cours n°3: Motivation**

La Motivation => Motif + Action

*Exercice de connaissance de soi [cf.*[Exo connaissance de soi.pdf](https://drive.google.com/file/d/1hC8AGXxq_MNfNqCPwYkXFIi1sMm_5W5l/view?usp=sharing)*]*

*Exercice de Tableau de changements [cf.* [Tableau changement.xlsx](https://docs.google.com/spreadsheets/d/1oAk1LTUrerU3Q5_P4x7hpPtYlL-dFKy7/edit?usp=sharing&ouid=103193950037650099106&rtpof=true&sd=true)*]*