W06 Reflection

Name: Aaron Tumbokon Total Points: 100

20pts Questions **Cognitive: (Wow, I learn? … Ok that is deep!)**

1. Why is this week’s topic important for teamwork?

For this week, we studied about motivation where we are asked what motivates us. In class we talked about what we are willing to do for our Health, Work, Play, and Love that motivates us.

1. How do I plan on contributing to the team, besides completing your tasks?

Motivation reflects my determination and willingness to do things. So, what I want to contribute to my team would be the motivation that I have. I want my teammates to have a great energy and have fun by sharing each other our motivation.

1. How does your experience relate to other experiences you have had?

I didn’t know that motivation comes in various ways. I learned that I could build my motivation up and maintain it by doing the things that I like the most.

1. Tell me about what you taught someone? And what did they learn that they didn’t know before?

I shared what I learned with my fiancé about motivation and how motivation affects Health, Work, Play, and Love. She shared to me that she realized how there are a lot of ways to improve/maintain motivation by doing the things that we like.

1. If this was a religion class, how would you relate this week’s topic to the gospel?

I think that motivation shows our faith in diligence to obey God’s commandments. When we have faith and have diligence to obey the Lord’s commandments, the Lord will help us accomplish a lot of things and one of those is by helping us have the motivation to finish our duties/task.