

Motivation is what moves you to act and stick to your schedule. As seen in the lecture, motivation to achieve goals in English is influenced by four elements. Watch the video again if required and write down **what they mean to you**:

- **The reasons** why you want to be fluent in English

---

---

---

---

---

---

- **The strength of your desire** to be fluent

---

---

---

---

---

---

- **The kind of person you are**

---

---

---

---

---

---

- **The task, and the estimation of what it requires of you**

---

---

-----  
-----  
-----  
-----