WHAT MOTIVATES ME

Maximum Time Limit: Open

Instruction:

Sometimes we feel energized, focused, and ready to do something — that's called **motivation**.
This worksheet will help you understand what pushes you to move, act, or try.
Think of times when you felt excited, determined, or focused — what caused that?

🧠 Part 1: My Motivation Triggers

Check any that feel true for you:

☐ Being praised
☐ Seeing results fast
☐ Competing with others
☐ Proving others wrong
☐ Helping someone
☐ Earning rewards (money, stuff)
☐ Learning something cool
☐ Being part of a team
☐ Making people proud
☐ Doing things my own way

Disclaimer:
This worksheet is distributed for free and is not intended to measure a child's skills or intelligence. It is designed as a supplementary exercise to support the child's learning alongside the educational activities they receive from schools or other institutions.

📝 Part 2: Think About It

1. When do you feel most motivated?
(Example: “When I’m working on something I enjoy, like games or building stuff.”)

2. What totally kills your motivation?
(Example: “When people talk down to me.”)

3. What helps you bounce back when you’re feeling lazy or angry?

🔥 Bonus Challenge:

Imagine you’re on a mission. What could keep you going even when it gets hard?

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