**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:

**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.

☐ 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

**✏️ 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.”)

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**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?**

You admire greatness because you see it in yourself — even if it's still growing.