

## Motivational activities



**Motivation** has an important part on anyone's personal development and gives us that 'I can do it' attitude!



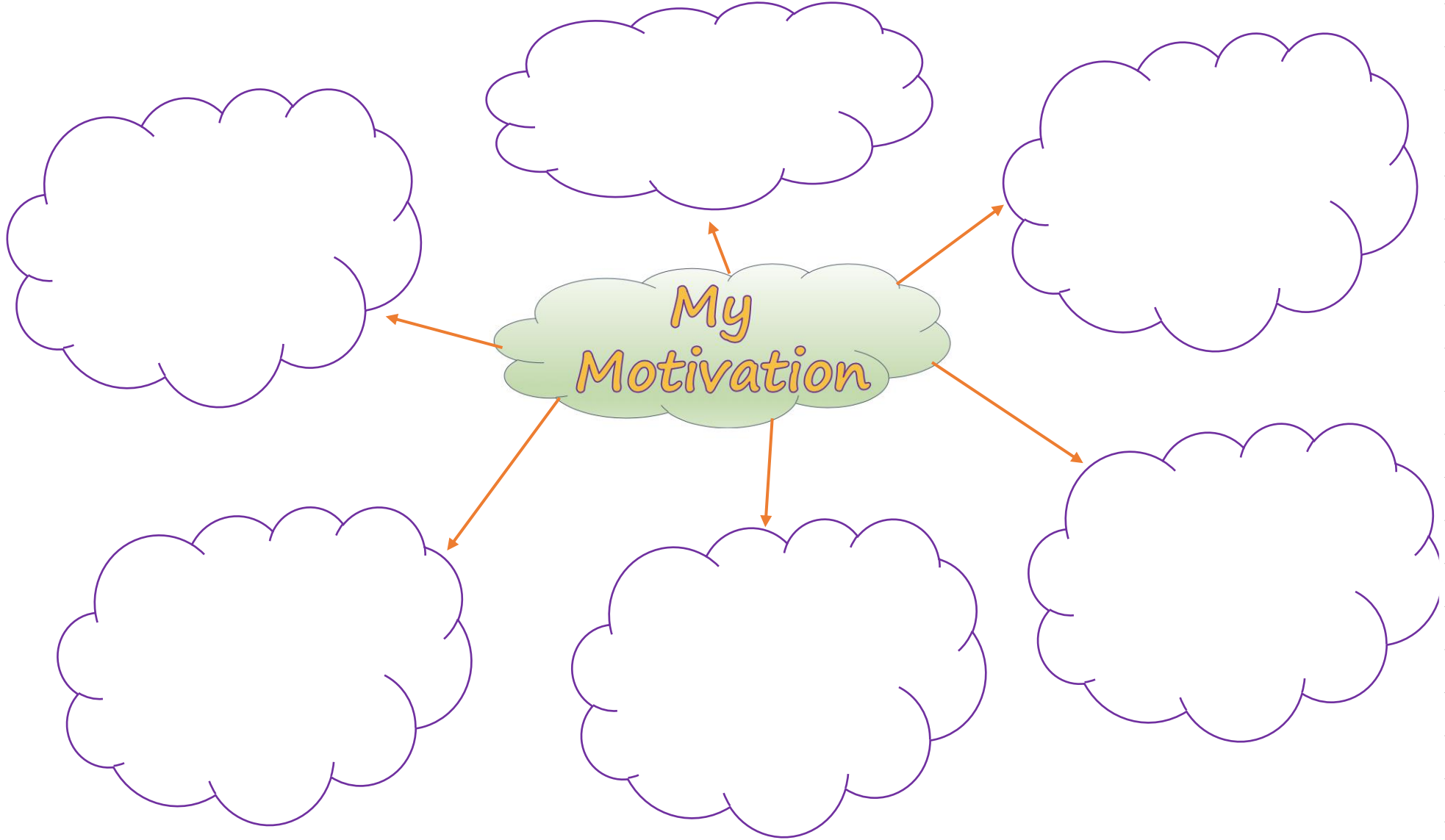
**Motivation** has several effects on students' learning and cognitive processing too.

**Motivation** helps to direct behaviour toward particular goals which will be set using the activities on this resource.

**Motivation** will increase students' time on task and is also an **important** factor affecting their learning and achievement.

**Motivational Activity 1:**

Using this mind map, get creative and write/draw examples of things that have motivated you for each arrow provided. For example, goals, challenge, encouragement may have motivated you.



**Motivational Activity 2:**

From your My Motivation mind map, explain the importance of your example and what happened when you were motivated!

For example, having goals set to revise a topic everyday gave you the motivation and you achieved the mark you wanted in your test because, you stayed motivated and revised.

**Example of Motivation:**

**The importance of example and what happened:**



### Motivational Activity 3:

This activity will help you to reflect on your past successes from being motivated and what can motivate you to achieve your goal.

### **Motivational Question #1**

What are the recent accomplishments that make me feel proud and successful?

This question is powerful because, it sparks your mind to search for your previous accomplishments, big or small.

### **Motivation Question #2**

What is the one step I can take right now to move closer to my goal?

This question will help you focus on what can be done and what you can do right away to move forward.

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