Surviving Lockdown

MRS CARTLEDGE
Here we are, in July 2020

The Coronavirus disease (COVID-19) has taken over.
Sometimes we all need motivating...

Especially now...when we are nearing the end of a difficult few months....
What does ‘motivate’ mean?

**motivate**

/ˈməʊtɪvɪt/  
verb

1. provide (someone) with a reason for doing something.
   "he was primarily motivated by the desire for profit"

**synonyms:** prompt, drive, move, inspire, stimulate, influence, lead, persuade, actuate, activate, impel, push, propel, spur (on); More
**What do you think motivates people?**
Rank the factors below from the ‘biggest’ to ‘smallest’ motivation.

**Smallest**
- Money
- Power
- Overcoming the odds

**Largest**
- Success
- Influence
- Making people proud

- Achieving a goal
- Making a difference
- Seeing a team succeed
Who motivates you?

TASK: Think to yourself and write down answers to the following:

• Who ‘pushes’ you to do things?
• How do different people motivate you differently?

• Teachers
• Faith leader
• Celebrities
• Youth club leader
• Sports club
• Sportsperson
• Parents/carers
• Other significant adult
• Friends
• Boyfriend/Girlfriend
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They can give you help, support, a push in the right direction or even reasons to do something **BUT can they MAKE you do something if you don’t want to?**
Probably not!
It’s all about YOU!

**TASK:** Look at the following statements to see how well you motivate yourself. Which one best describes you? Create a statement of your own, if these do not fit!

1. When working on my goals, I put in my best effort and work harder when things have gone wrong.
2. I regularly set myself goals to achieve.
3. I use rewards and consequences to keep me motivated.
4. I worry about deadlines and sometimes avoid facing them, hoping they will go away.
5. I picture myself being successful.
6. I get distracted by other things.
Self-motivation Factors

What do you need to be self-motivated?

1. Self-confidence
2. Positive thinking about now and the future
3. Focus and some strong goals
4. A motivating environment
What is a ‘motivating environment’?

It is important to have a ‘motivating environment’, for example...

- Being with lots of highly motivated people
- Seeing other people who have been successful
- Having people around who believe in you
- Having a clear goal in mind
- Rewarding yourself, if you have done what you set out to do
How can you motivate yourself this week?

**TASK:**

- Decide on a goal that you want to achieve this week.
- Identify a reward you will give yourself, if you do well at something.
- Make sure the environment is right.
- Picture yourself being successful.