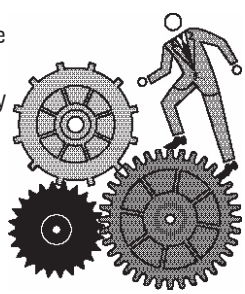
MOTIVATION: MY GUIDELINES

Having completed an **assessment** of your performance last Term
- now is the time to make the necessary adjustments so that you get it right
- if you keep doing the same things, you'll keep getting the same results
- it will benefit your efforts greatly if you complete such an assessment at the end of every Term.

To **achieve** what you are aiming for, won't "just happen"
- opportunity won't chase you
- you must be self motivated and set guidelines on your behaviour.
- do what you have to do so that you can do what you want to do.

Self motivation is an **internal** force activated by your needs/ goals
- the greater the need the more powerful the **stimuli** to achieve it
- you are in control of you, nobody else.



What motivates you?
- a fierce desire to taste success?
- a dreaded fear of failure?
- a need for calm in your life?

Focus on what you can control
- positive behaviours
- reaction to external influences
- a balanced lifestyle
- willingness for open communication
- identifying your personal needs.

Your **personal approach** to life is vital in determining individual sources of motivation.

The **Pizza of Life** below highlights that for every Right and Privilege there is an associated Responsibility that cannot be ignored.

What are the **main** things that you should change and how will you make those changes? eg. Saturday night socialising – "I'll be home by 1.00am at the latest and restrict my 'partying' so that Sunday will be a productive day."

At School – To improve | **How:**

At Home:

Me:

"You can't kick goals if you can't see the posts." Graeme Alford.

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