

WHAT MOTIVATES YOU TO GET GOING?

Being motivated means you are willing to put in the effort to succeed at whatever challenge or goal you set yourself. By learning more about what motivates you, you can become your own life coach and push yourself to achieve your goals. Just remember — everyone is different, so what motivates your mates might not motivate you.

What are you doing when you feel most motivated? Choose your top three:

- Playing a team sport
- Gaming or watching videos
- At a kapa haka competition
- Getting ready to go out with friends
- Performing at polyfest
- Learning something new
- Playing or listening to music
- Getting a job finished at work or at home
- Seeing money growing in my bank account
- Getting good feedback at work
- Completing a physical challenge
- In prayer
- Reading or listening to podcasts
- Other: _____



Who are the people that motivate you the most? Choose your top three:

- ☐ Your parents
- ☐ Your wider whānau
- ☐ Your kaumātua / kuia
- ☐ Your teacher(s)
- ☐ A sport or gym coach
- ☐ A celebrity
- ☐ A brother or sister
- ☐ Your partner (boy/girlfriend)
- ☐ People in your community
- ☐ People at work
- ☐ Mentor(s)
- ☐ People from church
- ☐ Politicians
- ☐ Yourself
- ☐ Other: _____

The important people in our lives leave imprints. They may stay or go in the physical realm, but they are always there in your heart, because they helped form your heart. There's no getting over that.

-Rachel Cohn

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What time(s) of the day are you most motivated? Choose your top three:

- ☐ When you wake up
- ☐ After your morning coffee
- ☐ After breakfast
- ☐ Mid-morning
- ☐ After lunch
- ☐ Mid-afternoon
- ☐ Immediately after work or school
- ☐ Early evening
- ☐ People from church
- ☐ After dinner
- ☐ Midnight
- ☐ Other: _____

What time(s) of the day are you least motivated? Choose your top three:

- ☐ When you wake up
- ☐ After your morning coffee
- ☐ After breakfast
- ☐ Mid-morning
- ☐ After lunch
- ☐ Mid-afternoon
- ☐ Immediately after work or school
- ☐ Early evening
- ☐ People from church
- ☐ After dinner
- ☐ Midnight
- ☐ Other: _____



What drains your motivation?

- People lecturing you
- School
- Boring TV
- Having nothing to do and nowhere to go
- Fear or anxiety
- Sleeping badly
- Eating too much junk
- Not getting enough exercise
- Feeling trapped on a path that's not yours
- Envy, jealousy, resentment
- Hitting obstacles or dead ends
- Having no money
- Doing the same thing over and over
- Feeling stuck in the wrong crowd / tribe
- Being rushed or pressured
- Feeling disappointed
- Getting hurt by someone you care about
- Having a boring job
- Other: _____



What do you do to jumpstart your motivation if you just can't get going?

Choose your top three:

- | | |
|---|---|
| <input type="radio"/> Ring a mate | <input type="radio"/> Eat something |
| <input type="radio"/> Talk to someone who inspires you | <input type="radio"/> Listen to music or a podcast |
| <input type="radio"/> Drink coffee or an energy drink | <input type="radio"/> Clean your room |
| <input type="radio"/> Force yourself to go for a walk or run | <input type="radio"/> Set up a reward for yourself |
| <input type="radio"/> Go to a beach, park or somewhere else that inspires you | <input type="radio"/> Get really clear on your 'why' (e.g. why this thing needs to be done) |
| <input type="radio"/> Have a shower | <input type="radio"/> Other: _____ |



Let's build on what you have discovered about yourself!

Answer the questions below based on the choices you made above.

- ❖ If you're not a morning person and you don't like being rushed or lectured at, but you have to be at work by 7am, what are two things you could do to motivate yourself to get out of bed at 6am and out the door by 6.15am?

1 _____

2 _____

- ❖ What's the best time of the day for you to write your job application, and what do you do to get motivated so you'll do a good job of writing it?

1 _____

2 _____

- ❖ You need to talk to your boss about a problem with your roster but you don't know how to ask her to change it, so you just keep putting it off. What could you do to work out what to say? How could you motivate yourself to talk to her?

1 _____

2 _____

- ❖ You have only got two more papers to complete to get your apprenticeship but you find you don't have the energy to work on them when you get home from work. What are three ways you could motivate yourself to get these done?

1 _____

2 _____

3 _____

- ❖ Your friends are pretty lazy and you find yourself feeling unmotivated when you spend too much time with them. Name three people you could spend more time with so that you become more motivated:

1 _____

2 _____

3 _____

- ❖ It's Saturday morning and you need to clean the house and do the washing. It's your turn! You just don't feel like getting up but you know the nagging will start soon. What are three things you could do to get motivated to get it done?

1 _____

2 _____

3 _____

Thanks for completing this activity. We hope it's been useful!

