

# Motivation

This lesson was adapted from the Yale RULER curriculum

# Creating Connection – Four Corners



# Essential Questions

- What motivates you to succeed?
- How are your SMART goals connected to what motivates you?
- What are effective strategies that will help you be more motivated at times when it is difficult?

Name:

**Directions:** Read each of the statements below. Check the box next to the symbol indicating whether you mostly agree or mostly disagree.

	Mostly Agree	Mostly Disagree
I try to be with my friends as much as possible.	<input type="checkbox"/> ◻ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ <input type="checkbox"/> ◻
It is important to me to have a close, intimate relationship with someone.	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻
I become scared when I lose control over things	<input type="checkbox"/> ◻ ⊗ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ⊗ <input type="checkbox"/> ◻
It is important to me to have influence over others.	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻
I am afraid of failing in situations where a lot depends on me.	<input type="checkbox"/> ◻ ☂ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☂ <input type="checkbox"/> ◻
It is important to me that I produce high quality work.	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻
It is important to give sympathy and love to other people.	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻
I like to have the final say.	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻
I spend a lot of time visiting friends.	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻
It prefer having projects that challenge the limits of my ability.	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻
When I get to know new people, I often fear being rejected by them.	<input type="checkbox"/> ◻ ☹ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☹ <input type="checkbox"/> ◻
I would like to be a leader, with power over others.	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻
Spending time with other people makes me happy.	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻
Getting close to someone is the only thing that matters in life.	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻
It is important to me to engage in new, exciting, challenging goals and projects.	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻
It like being in a position where others look to me for direction.	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻
It is important to me to have opportunities to take on challenging responsibilities.	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻
I want to be able to share all the positive and negative emotions in a relationship.	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻
Being given the cold shoulder when approaching strangers make me feel insecure.	<input type="checkbox"/> ◻ ☹ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☹ <input type="checkbox"/> ◻
I would rather be with a group of friends than alone.	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻
I like to always produce my best possible work.	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ▲ <input type="checkbox"/> ◻
I am very interested in leading others.	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☆ <input type="checkbox"/> ◻
It's important to me not to be separated from people I really care about.	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ + <input type="checkbox"/> ◻
I feel uneasy doing something if I am not sure of succeeding.	<input type="checkbox"/> ◻ ☂ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ☂ <input type="checkbox"/> ◻
I go out of my way to meet people.	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻	<input type="checkbox"/> ◻ ◻ <input type="checkbox"/> ◻

# Personal Motives Survey

- One way to think about motivation is to consider what you value most.
- Take a few moments to complete the personal motives survey to rank what things you value most.

# Score Yourself

- Once Complete, score yourself against the Personal Motivation Scoring Guide.
- What about your results, if anything, was surprising to you?

Name:

**Directions:** Follow the instructions below to score your Personal Motives Survey and learn more about what drives you to do what you do!

**Step 1:** Count how many statements you **agreed with** for each of the symbols:

☐	+	☆	▲
<input type="text"/> out of 5	<input type="text"/> out of 5	<input type="text"/> out of 5	<input type="text"/> out of 5
<b>Need for affiliation</b>	<b>Need for intimacy</b>	<b>Need for power</b>	<b>Need for achievement</b>

⊗	☂	%	⊗ + ☂ + %
<input type="text"/> out of 1	<input type="text"/> out of 2	<input type="text"/> out of 2	<input type="text"/> out of 5
<b>Fear of losing control</b>	<b>Fear of failure</b>	<b>Fear of rejection</b>	<b>Fear total</b>

**Step 2:** For each of the five needs, the lowest possible score is 0, and the highest possible score is 5. Use the table below to mark a checkmark next to the two or three motives for which you had the highest scores.

My highest scores	Personal Motives Definitions
<input type="checkbox"/>	<b>Need for Affiliation:</b> The higher your score, the more you desire to establish new relationships and maintain friendships. You are concerned with getting along with others and establishing friendly relationships.
<input type="checkbox"/>	<b>Need for Intimacy:</b> The higher your score, the more you are driven to be close to others, experience profound interactions, share personal information, and establish warm relationships with significant others.
<input type="checkbox"/>	<b>Need for Power:</b> The higher your score here, the more you are concerned about influencing other people's attitudes, emotions, or behaviors. You may be seeking status and prestige, or motivated by helping others and impacting them positively.
<input type="checkbox"/>	<b>Need for Achievement:</b> The higher your score here, the more you are concerned with doing excellent work. You get satisfaction from taking on responsibility and mastering challenging tasks.
<input type="checkbox"/>	<b>Fear:</b> The higher your score, the more you are concerned with avoiding undesired outcomes and reducing unpleasant emotions. This score includes fear of failure, fear of rejection, and fear of losing control.

# CONNECTING GOALS AND MOTIVES

- Think of a goal you created during our lesson about SMART goals
- Take a few minutes to discuss the motivations behind your goals with your small group.
  - In other words, using what you now know about your motivational style, try to answer the question: *“Why do I want to achieve this goal?”*



# HARNESSING MOTIVES TO BUILD EFFECTIVE STRATEGIES

- **Effective strategies are ones that we will actually do**, which means that we need to be motivated to do them.
- Turn your attention to the strategies you have previously generated to achieve your goals.
- Should you revise goals now that you know your motivational needs?



# MOTIVATED VS UNMOTIVATED GROUP DISCUSSION

## MOOD METER

How are you feeling?



- What does it feel like to be motivated?
- What quadrant of the Mood Meter does “motivated” go in?
- What does it feel like to be unmotivated?
- What quadrant of the Mood Meter does “unmotivated” go in?



# MOTIVATION STRATEGIES ACTIVITY

What are some tasks for which it can be difficult to find motivation?



# MOTIVATION STRATEGIES ACTIVITY

## LARGE GROUP

### MOOD METER

How are you feeling?



Consider the list we just made.

Where would you place them on the mood meter that shows how you would typically feel in that situation?

# MOTIVATION STRATEGIES ACTIVITY

## SMALL GROUPS

- Separate into an even number of small groups.
- **Half of the groups** should generate strategies to motivate yourselves for each of the tasks.
- **Half of the groups** should generate strategies that others (teachers, parents/guardians, friends, coaches, family members, bosses, etc.) could use to motivate you for each of the situations.
- After 5 minutes, join an opposite group and share ideas with each other.



# Wrap it up

- How similar or different are the strategies for you to motivate yourself or others to motivate you?
- How similar or different are the strategies others use on you to the strategies you wrote?
- What is a strategy that you feel like you could use in the next week to help you stay motivated to achieve your goals?

