What Motivates You?

In “Cream Puff,” Jennifer has to find her motivation to be successful at camp. Throughout the story, different characters try to motivate Jen- Coach Brandt, Keisha, Dad, and Mom; but Jennifer has to find her own motivation. At first, she wants to be good at basketball because she thinks it is important to her father. Later, she is motivated because she wants to be a good basketball player so that she can beat Jinx or play for one of the colleges pictured in her poster. What motivates you to reach your goals?

Instructions: Fill out the following information and then use the information to complete the writing assignment.

1. List one short term goal that you have set for yourself. Short term goals should be something that you can complete in less than one year. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List one long term goal that you have set for yourself. What do you want to achieve in life?

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1. How might your short term goal help you to achieve your long term goal?

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1. What will you need to do to achieve your goals? BE VERY SPECIFIC.

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1. How motivated are you to achieve your goals? Are you willing to do what it takes? 1 2 3 4 5
2. What motivates you to achieve your goals? List as many sources of motivation as you can.

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1. What internal sources of motivation do you have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What external sources of motivation do you have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What things are you going to do this year to help you reach your long term goal? \_\_\_\_\_\_\_\_\_\_\_\_

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1. On the back: What are your goals in life? How and why will you achieve them? (1 page)