



Think for the Future

WOW Pack

Motivation

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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Think about it: Motivation



What is your
biggest
dream in life?

If there was no limit, nothing to stop you achieving absolutely anything you wanted to, what would your dream be? Why would that be your dream? What can you do to make it happen?

What can you be doing each and every day to keep yourself motivated to making this happen?

Motivation



Motivation can mean many different things to many different people, but to me motivation is having the will power to push through any barrier that you face in life by using the positive and negative experiences you have in life.

I motivate myself everyday to wake up early and go to the gym at 4am before I start work. This is something that requires a lot of self-discipline. I wasn't always disciplined or motivated in life and it takes time, and a lot of the time you have to go through many different experiences before you find your drive and become motivated.



At the moment, this means getting up and doing my workout at 4am - even though I have nowhere else to be all day! It means getting up and doing my work, even when my family is in the next room. Because I know that this period of our lives is not going to last forever, and I am making changes for my future.

What is motivation?

Motivation is a reason or reasons for acting or behaving in a particular way. This could be because you want something, or you want to avoid something.

Motivation... sets a goal

When you're motivated, you have a desire to change your life. Motivation pushes you towards your goal because you wish to make a change. Motivation helps you set your goal so you know exactly what you're working towards.

Motivation... gives you priorities

Once you know what your goal is, motivation helps you work out your priorities. If your goal is to write a book, you need to set time aside each week to write it. If your goal is to become a professional athlete, you need to put training at the top of your to do list! Motivation helps you to focus and make a commitment to seeing your goal accomplished.

Motivation... pushes through set backs

Every road to success will have a setback. There is no such thing as a dream route to reach your dreams. Setbacks will have you doubt whether your goal is worth the effort, but motivation steps in and gives you the strength and courage to try again.

Motivation... fights against fear

Fear of failure is so common it can literally stop you from taking action. Motivation kicks fear in the butt because it tells it, no matter what I'm feeling, I'm going to do it anyway. Motivated people see beyond their fear and can visualize the outcome. Motivation will always help you see the bigger picture.

Motivation... builds confidence

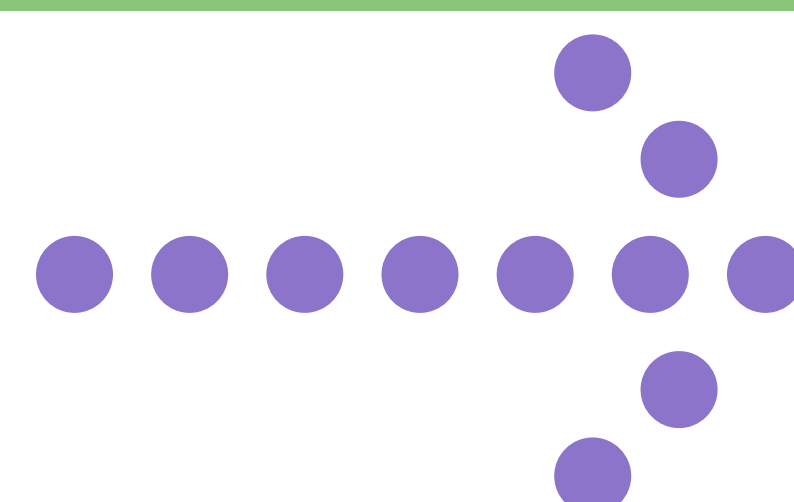
When you're motivated to achieve your goal, confidence is a by-product of the little steps taken to see that goal achieved. When you've pushed through setbacks and fear, there is a sense of accomplishment and this builds an inner confidence to try something new.

Motivation... inspires others!

Motivation is an attractive trait and it can inspire others to make things happen in their own life. If you've ever met or hung out with a self-motivated person, you instantly feel like you can achieve anything because their positivity and can-do attitude elevates your own spirit. Seeking out a motivated person can help elevate your own motivation levels.

Watch this

<https://www.youtube.com/watch?v=wnHW6o8WMas>



5 Ways to Get Motivated



1

Set yourself a goal!

The process of writing your goals helps you clarify what you desire to do, understand the importance of pursuing them and commit yourself to making them happen.

Daily Exercise

Exercise releases chemicals like endorphins and serotonin that improve your mood. Daily exercise has been proven to change your mood within minutes. Run, dance or go for a walk, whatever it is you enjoy doing to get active!

2

3

Keep it simple

Small things like getting up and making your bed in the morning will give you motivation to do more throughout the day. It will reduce your stress levels and encourage you to be more organised.

Take action

Sometimes taking action can come before motivation. Once you start doing an activity your motivation will kick in! For example, you might not feel up to doing exercise but once you start you find your flow!

4

5

Visualise the results

It's important to visualise the end result and what it will feel like when you've achieved your end goal. This means visualising the smile on your face, the feeling of relief, the utter excitement — this is what will fuel you on days when you don't feel like working.

Motivation Top Tips

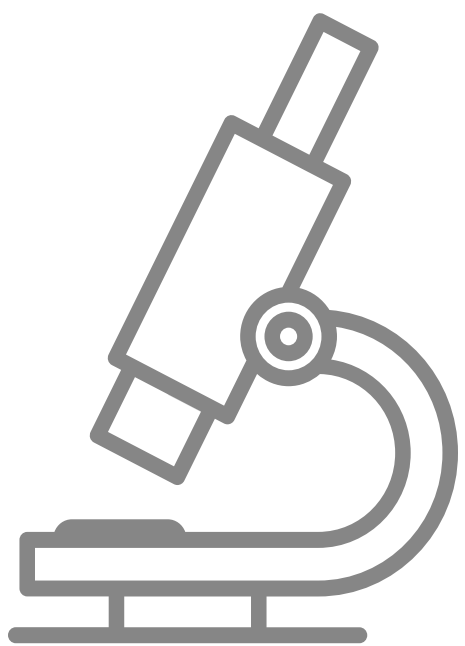
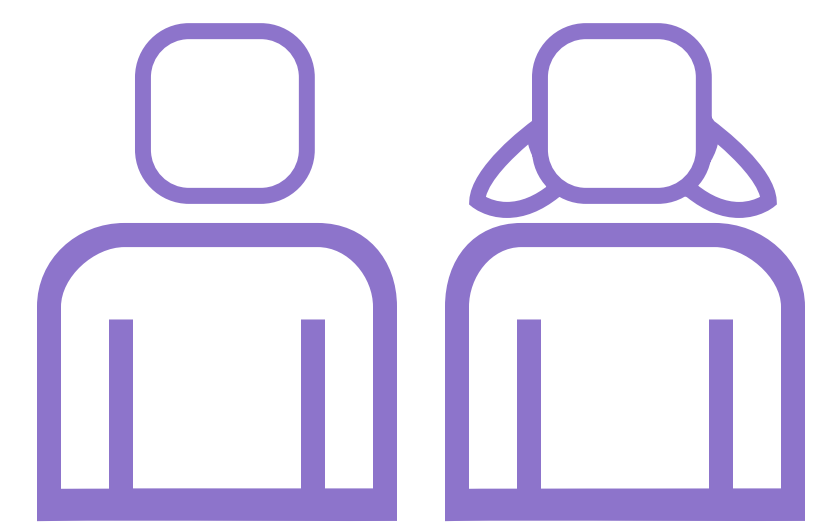


Find your 'WHY'

Ask yourself why you want to do the thing you're finding it hard to be motivated to do; for example if you are lacking motivation to exercise, ask yourself why you really want to exercise? Is it to lose weight? Is to get healthier? Try to dig down to the proper reason you want to do it. Then write your WHY down on a piece of paper and stick it somewhere you will see it everyday like your bedroom door. Seeing this will remind you why you should be doing it and give you that little bit more motivation.

Find an accountability partner

Find someone that has a similar goal to you and make a deal to check up on each other every day. The person doesn't have to have the same goals as you, it's more about having someone to check up and make sure you are doing what you said you would! You could even post it on social media each day to keep yourself dedicated.

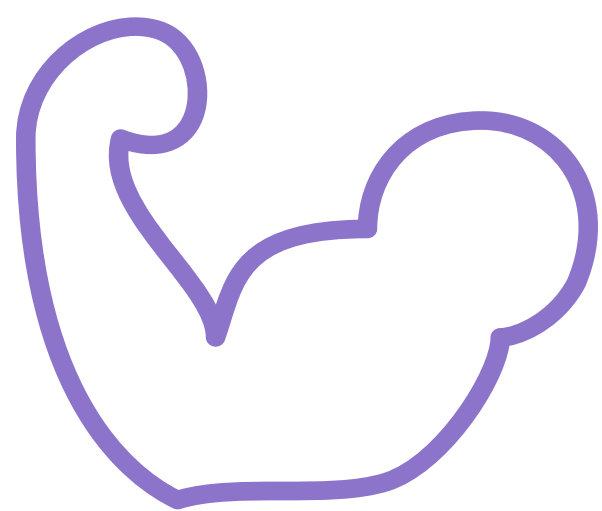


Research

Research about your dream or goal, find out ways that might be able to get you there! Researching our goals and what we can be doing to help us reach that goal can keep us motivated to achieve it!

Rest

It's hard to find the motivation to do anything when you're tired! Now is a perfect opportunity to catch up on some much needed sleep! Aim for around 7.5 hours of sleep as minimum: (The amount of sleep you need varies based on your age and other factors!). When you are full of energy you are more likely to feel motivated to action!



Do not give up

Sometimes it can feel like our goal is too far away to reach and we just want to give up. But if we dig deep and carry on the rewards can be amazing! Click here to watch an inspirational story!

<https://www.youtube.com/watch?v=qX9FSZJu448>

Believe

Believe that you can do it, have no worries of failing because when you think you have failed you haven't, your developing! Things may not always work out perfectly, but the sooner you get over them, the quicker you move on to your next victory. Only you can control your own actions and reactions.



Take on the challenge!



WATCH THIS:
<https://www.youtube.com/watch?v=H6WTKksp89k>



Can you beat our mentor?

Take on the challenge and share your video with us!

@TFTFuture



Where else to look...



Click on the icons below!



<https://www.youtube.com/watch?v=pZT-FZqfxZA>

TIME



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