

# STAYING MOTIVATED: WHAT MOTIVATES YOU?

Name:

Date:

There is always competition between what we **want** to do and what we **have** to do. So make those things work together. Turn what competes with what you have to do into a motivator or a reward. In the boxes below, write down two things you like to do as well as how you are going to earn those rewards. For example, "30 minutes of video games" is a reward for finishing all homework by 8:00 PM.

Reward

How are you earning that reward?