



What is motivation?

Think about the word **motivation**. When you think of a motivated person, what do you see?

Are they at work?

At the gym?

With their family?



Motivation is wanting to do something. It can also mean wanting to do something really well.

What motivates us, and what we're motivated to do, changes depending on our values and our situation. But when you're motivated, getting things done is easier. You know you're working within your values and getting closer to your goals. Motivation makes you feel fulfilled.



Let's talk about it

- What does motivation mean to you?
- Does it mean something different at home than at work, or in the community?
- What are the best things about motivation?
- Why can it be hard to be motivated?

A place for your notes:
