



# Solve the Mystery of Motivation

## Lesson Content

### Questions Asked of Students in this Video:

- What is motivation?
- How do you get yourself motivated?
- When is it hard to get motivated?
- When are you really motivated?
- How do you motivate someone?

### **LEARNING OBJECTIVE:**

Students will identify the personal unmet needs that fuel their efforts in various life activities.

**INSTRUCTIONS:** Distribute the handout to students before viewing the video. Invite students to share their answers to question #1 only.

### CLASS DISCUSSION POINTS

1. Motivation is pursuing something you want or need. The more you want it, the harder you will work.
2. There are various levels of motivation; low, medium, and high -- not just “on” or “off”.
3. Question: Can you make someone want or need something because you want them to?

1

How can you tell that someone is highly motivated?  
List three ways!

Shared answer

2

In what area of your life do you wish you had a higher level of motivation and why?

Private answer