NAME: _____

The Motivation Formula

Channeling Anger and Challenges into Positive Motivation

1 CHALLENGE:

2 Negative CHOICE Positive

Motivation begins with the challenge

How to get motivation

Damage

3 **What Are Your Lifelines?**

- Who can help you out of the flood zone at home? At school? With peers?

"The Flood Zone"

- Hurting self or others
- Less self-respect
- Energy dies
- Easy - "path of least resistance"

Less opportunity and freedom

4 **Use Positive "Self Talk"**

- Use your inner voice to direct your motivation (energy) in a positive direction. (i.e. I will try.) It's a positive direction if you're not hurting yourself or others.
- Focus self-talk on what you do have control over.

5 **"Character-Heart"**

- You go through the motions and don't give up out of respect for people who care about you.
- You don't give up out of respect for yourself.

6 **A Passion Interest or Purpose**

(Turn outward)

7 **Get Plugged In "Support System"**

Positive Energy

If channeled, challenges and anger can be converted into

Positive Motivation & Healing

Why Try?

Opportunity, Freedom, Self-respect

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