



## Motivation & Growth Mindset

### Creating Motivation When There Is None

1. Motivation is drained or increased depending on perception/expectation toward the activity
2. Motivation and self-worth are often connected
3. Motivation increases when outcomes are positive

We rarely feel motivated *to* complete a difficult task.  
Rather, we feel motivated *by* completing the difficult task.

The synergistic effect of increasing motivation and self-worth allows for:

- improvement in school
- better communication with family and peers
- healthier choices
- positive attitude regarding self and future

