



Partnering with schools to equip students with the mindsets, skills, and strategies they need to succeed at school and beyond

Sourcing your motivation

EMOTIONAL INSPIRATION



CONSISTANT MOTIVATION

School is an emotional rollercoaster. You would hate for your motivation to parallel a similar ride.
Found your motivation in real, consistent and enduring things.

Goal: _____

This goal would benefit my life in these 3 **good** ways:

1. _____
2. _____
3. _____

Not achieving this goal would have the following negative effects:

1. _____
2. _____
3. _____

My reward for achieving this goal will be:

My consequences for not achieving this goal will be:

Signed: _____

Date: _____