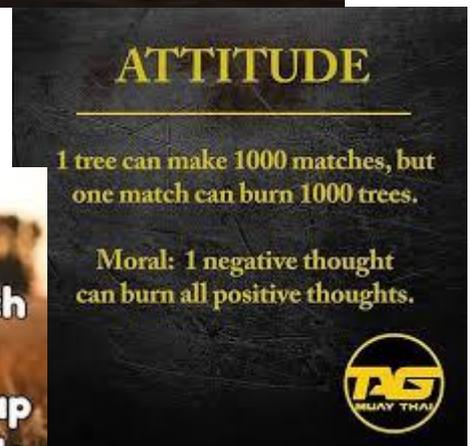
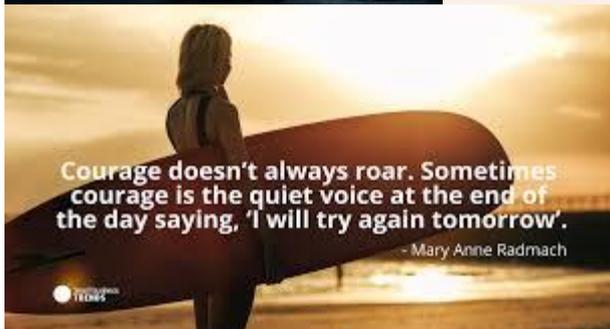


YOU WILL NEVER
ALWAYS BE
MOTIVATED, SO
YOU MUST LEARN
TO BE
DISCIPLINED.

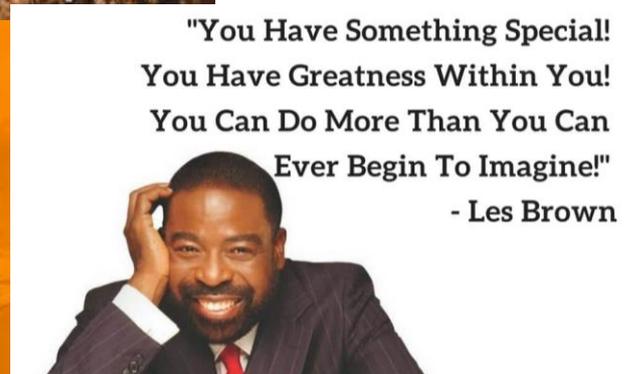


*When you focus
on the good,
The good gets better.*



*Think Big
and don't listen
TO PEOPLE
WHO TELL YOU
IT CAN'T
BE DONE.
Life's too short
TO Think Small.*

No matter how slow you go, you are still lapping everybody on the couch.



Motivational quotations.

1. Look at the motivational quotations.
2. Choose 3 of your favourite quotes. What do they mean to you and why?
3. Why do you think discipline and motivation go hand in hand?
4. Why is gratitude an important quality to staying positive?
Challenge – Go on YouTube and listen to Les Brown or Eric Thomas. They are well known motivational speakers. What are their key messages?

The story of the elephant and the rope

'As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not.



He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?'

https://medium.com/motivation/the-elfphant-rope-c23e795d23e4?_next=45%20to%20mar%20was%20passing%20some%20reason%2C%20hy%20d%20no

Tasks

1. What do you want to be remembered for?
2. What is your 'rope'? What holds you back from achieving your dreams?
3. What is motivation?
4. What motivates you and why?
5. Who motivates you and why?
6. Ask 3 people what motivates them and why?
7. What have you not been able to do this year because of Covid 19?
8. How are you going to still do those things when the lockdown has been lifted?
9. If you were to do one thing different each day to improve your performance and motivation, what would it be and why?
10. Write a motivational speech. You can aim it at your form or to your younger self. What would you say to motivate them and why? (Aim for 2 paragraphs) If you have Spotify or can access YouTube if you type in motivational speeches you will be able to listen to some brilliant examples.