



Exploring Leadership

PERSONAL LEADERSHIP: SELF MOTIVATION

Challenge and mastery are key motivators for self-motivation. When we truly enjoy something, we don't need outside rewards to stay motivated. Many young people face rigid structures in schools and activities, which leave little room for personal choice. This activity helps remind you of what truly matters to you—things that inspire you to take action and work toward your own goals.

CONVERSATION STARTERS:

After watching the video in the "What You'll Need" box, take a moment to reflect on what motivates you. What gets you excited to take action? Share your thoughts with the group!

Drive is simply self-motivation. Imagine someone who works just to meet others' expectations for a paycheck. They're going through the motions. In contrast, someone who finds fulfillment in their work is self-motivated. Self-motivation comes from within—not from pressure, but from your own desire.

EXPLORATION ACTIVITY:

This exercise will help you set a meaningful, self-motivated goal and identify the steps needed to reach it, turning your "Version 2.0" into a reality.

FACILITATOR TIPS:

- Write a motivator on a separate Post-it to keep you focused and driven, especially on tough days.
- Remind participants that their goals should be specific, measurable, and achievable.

KEY OBJECTIVES:

- Set a personal goal that is driven by your own motivation and commitment.
- Break down the steps needed to achieve your goal and explore strategies to stay motivated.

WHAT YOU'LL NEED:

- Computer and projector to play the YouTube video: [Motivational Video - "What Drives You?"](#)
- Post-it notes (3"x3")
- Wall space or bulletin board for posting notes
- Pens or markers

- Hand out a stack of 3"x3" Post-it Notes to each participant.
- On the top Post-it, have each participant write: "[Your Name] Version 2.0 will _____," filling in the blank with a realistic, achievable, personal goal they are committed to.
- Make sure the goal is specific, achievable, and will push them beyond their comfort zone.
- Have participants tear off the top Post-it and stick it on the wall a bit above their head.
- On separate Post-it Notes, ask them to write down each of the smaller steps they'll need to take to achieve their goal.
- Place the steps under the main goal, starting with Step 1 at the bottom, working upwards.
- Encourage everyone to walk around, view others' goals, and reflect on what steps they might need to take as well.



REFLECTION QUESTIONS:

- What did you learn about your self-motivation during this activity?
- What are the rewards or benefits that will keep you focused on your goal?
- After seeing others' Version 2.0 goals, what new ideas or insights did you get for your own goal?

APPLICATION DISCUSSION:

- How does being aware of your self-motivation (knowing what drives you) help you in school or at work?
- What other personal goals do you think you could achieve using this method?



CONCLUSION:

If you're only motivated to meet others' standards, you might not be truly self-motivated. But here's the good news—it's never too late to change that! It starts with asking yourself: What drives you? What do you want to achieve so badly that you're willing to set a goal and pursue it? Picture your future self—how will version 2.0 differ from you now? Self-motivation starts with the goal you set today. Now, set your Version 2.0 and make it happen!

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REFERENCES

- Self-Motivation Definition, Skills & Examples: <https://study.com/academy/lesson/self-motivation-techniques-examples.html>
- Self-Motivation Explained + 100 Ways To Motivate Yourself: <https://positivepsychology.com/self-motivation/>
- How To Motivate Yourself: <https://www.iwillteachyoutoberich.com/blog/how-to-motivate-yourself/>
- Never Give Up, Believe in Yourself! <https://youtu.be/3CQusoJSh0E> (3:14 minutes)
- Motivation and the Power of Not Giving Up: <https://kidshealth.org/en/teens/motivation.html>
- Motivational Video - "What Drives You?" <https://youtu.be/Q9pr3oPURtA> (3:21 minutes)