

# Exploring Leadership

## PERSONAL LEADERSHIP: SELF MOTIVATION

Challenge and mastery are motivators. When we enjoy something, external reinforcements to learn more or work harder are unnecessary. Unfortunately, many young people are not afforded opportunities to make choices in their own lives. Highly scripted days within structured school environments and adult-led extracurricular activities leave little room for autonomy. This activity is designed to remind participants of the things they personally care enough about to be self-motivated, goal-driven, and successful.

### CONVERSATION STARTERS:

- After watching the video linked in "What You'll Need" box, think about what drives you? Share with your audience.

Drive is another word for Self-Motivation. Someone who goes to work every day only as a means to pay the bills and please the boss. is not self-motivated; someone who needs no external forces to go to work and finds fulfillment in the job itself is self-motivated.

### KEY OBJECTIVES:

- Set a personal goal that they are self-motivated to achieve.
- Identify the steps toward achieving the goal and ways to remain motivated.

### WHAT YOU'LL NEED:

- Computer or projector to show this YouTube video:  
<https://www.youtube.com/watch?v=Q9pr3oPURtA>
- Post-it Notes and wallspace
- Pens

## EXPLORATION ACTIVITY:

- Hand each participant a stack of 3"x3" Post-it Notes. On the top Post-it, write a sentence that begins like this: "[Your Name] Version 2.0 will \_\_\_\_\_." Fill in the blank with a realistic, achievable, personal goal that you are willing to work for. This is not a hope or a wish. It has to be something that requires your active participation and commitment.

### FACILITATOR TIPS:

- For each step in the activity process, write on yet another Post-it, a strategy or motivator that will help you maintain your focus, never give up, stick to your resolve, and continue to follow through even on those days when you feel like you are working alone and it isn't worth it anymore.
- Encourage all to walk around the room and view everyone else's Version 2.0

- You It should be as specific as possible and something that will require continuous effort, multiple steps, and/or for you to leave your comfort zone. (It's not supposed to be easy.)
  - Examples: Ethan Wilson Version 2.0 will run a 5-minute mile before the end of track season. Carrie Jones Version 2.0 will get a 4.0 next term. Dominic Trejo Version 2.0 will finish the oil painting for his mom before Mother's Day. Veruca Salt Version 2.0 will overcome her social anxiety and go to the prom.
- Tear off the Post-it and stick it on the wall a bit above your head. Write down on separate Post-its each of the steps and milestones you will have to achieve in order to reach the final goal. Stick them on the wall underneath the goal so that step 1 is at the bottom and gets closer as it goes up.



## REFLECTION QUESTIONS:

- What did you learn about yourself and your Self-Motivation during this activity?
- What are the “rewards” that will keep you working toward your goal?
- When you looked at other people’s Version 2.0 maps, what good ideas did you see that you might use in pursuit of your own goal?

## APPLICATION DISCUSSION:

- How does being aware of Self-Motivation (knowing what drives you) benefit you in school and work settings?
- What other goals do you have that you think you might achieve using this method?



## CONCLUSION:

If you are only motivated to achieve standards set by someone else and not for your own internal satisfaction, you are probably not self-motivated. But there’s hope! And it starts with the way you answer the question: What drives you? What do you want to achieve badly enough to set a goal and work toward it? Imagine that future version of yourself -- version 2.0. How is that person an improved version of who you are now? Self-Motivation begins with a goal. Today you set one for You Version 2.0. Now go out and make it real!

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see [equity.usu.edu/non-discrimination](http://equity.usu.edu/non-discrimination).

## REFERENCES

- <https://study.com/academy/lesson/self-motivation-techniques-examples.html>
- <http://psychlearningcurve.org/the-motivation-paradox/>
- <https://positivepsychology.com/self-motivation/>
- <https://www.iwillteachyoutoberich.com/blog/how-to-motivate-yourself/>
- <https://youtu.be/3CQusoJSh0E>
- <https://kidshealth.org/en/teens/motivation.html>
- <https://youtu.be/Q9pr3oPURtA>