**Motivation Worksheet Two**

**Force-Field Analysis**

**A *force field analysis* allows you to examine a situation in terms of (a) those things that support and (b) those things that get in the way of you reaching your goal.**

**Let’s look at the goals:**

**“Achieving success at school and enjoying the process”**

**BLOCKERS**

**What are the things that are currently STOPPING you from achieving your goal?**

**Physical**

e.g. I’m to tired in the afternoon after sport’s practice to study.

**Emotional (emotions and attitudes)**

e.g. I can’t be bothered doing homework. Its boring.

**Mental**

e.g. I find it hard to concentrate and remember things when I study.

**Social**

e.g. I want to spend more times with my friends on the weekends.



**ENABLERS**

***What are the things that help you achieve your goal? What do you do to keep yourself motivated about school?***

**For example:**

**I really enjoy my subjects.**

**I am extremely well organized.**

WHAT NOW???

OK, if we look at the positives – we are doing those things well already so we are just going to focus on how we can turn some of these negatives around.

Write down here each of the **BLOCKERS** that you have listed above. Below it write one **STRATEGY** you can use to change your attitude, behavior or habit into a positive about school. Make sure you write something that you **HONESTLY** think you can change.

Under the strategy write down what **REWARD** you are going to give yourself or a reward you have negotiated with your parents that you will receive when you have made that change. Your **REWARD** should be something that you really enjoy.

**BLOCKER**

**ACTION TO CHANGE ATITUDE OR BEHAVIOR**

**REWARD**



**BLOCKER**

**ACTION TO CHANGE ATITUDE OR BEHAVIOR**

**REWARD**

**BLOCKER**

**ACTION TO CHANGE ATITUDE OR BEHAVIOR**

**REWARD**

**NOTE**

This activity will only work if you are **COMMITTED** to making these changes in yourself. No one can do it for you. It is also very difficult to maintain them so give yourself a timeframe in which to complete them.

**Action One**  Date to be completed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Action Two** Date to be completed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Action Three** Date to be completed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_