

Family Questions

Today we explored motivation. We looked at what motivation is and discussed what it feels like. We shared things that take away our motivation and/or make motivation difficult and what the benefits of motivation are. We also explored how morning rituals can help us to have more motivation and how we can create habits to increase our motivation levels.



I heard today's topic was about motivation...

What is motivation and how does it make you feel?

What can knock our motivation or make us feel less motivated?

What can we do to bring more motivation into our lives?

Tip: The way we start our mornings has a huge impact on how motivated we feel throughout the rest of the day. How does your family start the day? Is it uplifting and inspiring? Does it make you feel motivated to have a great day? This week start creating a family 'Morning Motivation Plan.' Together as a family look at what you can do to make your mornings more motivating for everyone. Could you put some fun music on? Could you go for a walk? Could you each talk about 5 things that are going to be great about your day?