

Motivation chart



How motivated am I to learn?

Each week, mark your level of motivation on this chart (eg. put X). Then talk to a partner about the questions below.

Extremely motivated									
Very motivated									
Motivated									
Quite motivated									
Not very motivated									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9

- **Do you feel more or less motivated to study than last week?**
- **Why?**
Think about the reasons why you feel this way - They may be things in class, at home, at work...
- **If your motivation level is good at the moment, what can you do to stay motivated?**
(eg. Reflect on which study activities are making you feel good; reward yourself for hard work with a little treat...)
- **If you are unmotivated, what can you do to change this?**
Think of two or three things to try. (eg. Change the time of day you try to study, get a study partner for learning vocab...)