



Motivational Food For Thought: 14 Character Traits that are Essential for Sustaining Internal Motivation

- ▶ **Flexible** (*Flexibility*)
- ▶ **Courageous** (*Courage*)
- ▶ **Grateful** (*Gratitude*)
- ▶ **Accepting** (*Acceptance*)
- ▶ **Decisive** (*Decisiveness*)
- ▶ **Resilient** (*Resilience*)
- ▶ **Hopeful** (*Hope*)
- ▶ **Persistent** (*Persistence*)
- ▶ **Determined** (*Determination*)
- ▶ **Receptive** (*Receptiveness*)
- ▶ **Aware** (*Awareness*)
- ▶ **Adaptable** (*Adaptability*)
- ▶ **Enthusiastic** (*Enthusiasm*)
- ▶ **Prepared** (*Preparation*)

Directions: Rather than reading and reviewing information, people participating in this exercise are invited to do the work, as this activity is focused on building motivation, which in itself requires putting in some effort.

For each of the qualities or attributes listed above do the following:

1. Identify a good definition* of the quality
2. Come up with at least one (or more) explanation as to how the quality is involved in building and sustaining motivation. Use your own personal experience and viewpoint if that helps
3. Identify a good motivational quote that uses the quality (or a form of the quality – the noun form is provided in the above list next to each quality as a second option) – If you feel up to the challenge, come up with your own quote unique or saying or else find one online*

**For this exercise, it may be beneficial for group members to have access to their smart phones or to a computer in order to look up word definitions (1) as well motivational quotes (3)*

This exercise can be done as an entire group together, however a better way to do this activity may be to divide the group into smaller sub-groups of 2 or 3 people and assign one or two qualities to each sub-group to work on separately. Then regroup and share and discuss each smaller sub-group's work together in the large group. Below are some questions for final discussion if time allows

Final Questions for Closing Discussion:

- ❖ Which qualities do you feel may be areas of strength for you?
- ❖ Pick at least one quality that stood out to you that you really need to focus on for your goals.
- ❖ Which motivational quotes or sayings that you heard today made you feel the most inspired?
- ❖ When you leave here today, what is one thing you are going to try to change, improve or increase?