



Motivational Minute

This is an easy to do group exercise that can be an icebreaker however it may be better used to close out a group on a positive and strong motivational note

The process is simple – First, everyone in the group should take a few minutes to think about what motivates them. Here are a few prompts to get the group thinking about motivation on a personal level. You may even ask the group to take some notes on their own thoughts about motivation and inspiration (optional)

- **Who or what motivates you?**
- **What keeps you going, especially when times get tough?**
- **Who or what inspires you?**
- **What advice or positive sayings have you heard that inspire and motivate you personally?**
- **What gives you wisdom, power, drive, energy, momentum, and strength not to give up?**

Once everyone is ready and has gathered their thoughts, the group leader should set a timer (usually available on a smart phone) The group process involves individual members of the group doing a motivational monologue for a least one full minute with no interruption. Group members should take turns and the counselor can participate as well as any interns or cofacilitators in the group as well.

When everyone is done and has gotten their turn to do a motivational minute, then the group should have a positive and motivational vibe which is why this is an excellent way to close out a longer group.

