

Grade 8 Life Orientation Worksheet

Self-motivation

Read these excerpts, taken from:

Self Motivation: How to Motivate Yourself

By Donald Latumahina, October 22, 2008

<http://www.lifeoptimizer.org/2008/10/22/self-motivation-how-to-motivate-yourself/>

*People who are unable to motivate themselves
must be content with mediocrity,
no matter how impressive their other talents.*

Andrew Carnegie

If you want to excel in life, self-motivation is essential. You must know how to motivate yourself. You must be able to keep your spirit high no matter how discouraging a situation is. That's the only way to get the power you need to overcome difficulties. Those who are discouraged in difficult times are certain to lose even before the battle is over.

The question is: how do you motivate yourself? Here are several tips I've found to be effective to build self-motivation:

1. Have a cause

I can't think of a more powerful source of motivation than a cause you care about. Such cause can inspire you to give your best even in the face of difficulties. It can make you do the seemingly impossible things.

While other causes could inspire you temporarily, a cause that matters to you can inspire you indefinitely. It's a spring of motivation that will never dry. Whenever you think that you run out of motivation, you can always come to your cause to get a fresh dose of motivation.

2. Have a dream. A big dream.

Your cause is a powerful source of motivation but it's still abstract in nature. You need to make it concrete in the form of a dream. Imagine how the world will be in the future. Imagine how people will live and work.

Having a dream is important because it's difficult to be motivated if you don't have anything to shoot for. Just think about people who play basketball. Will they be motivated to play if there is no basket to aim at? I don't think so. They need a goal. *You* need a goal. That's what your dream is for.

But just having a dream is insufficient. Your dream must be big enough to inspire you. It must be realistic but challenging. It must stretch your ability beyond your comfort zone.

3. Be hungry

To be truly motivated, you need to have *hunger* and not just *desire*. Having mere desire won't take you through difficult times since you don't want things badly enough. In many

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cases, hunger makes the difference between the best performers and the mediocre ones. How can you have hunger? Your cause and your dream play a big role here. If you have a cause you care about and a big dream related to it, you should have the hunger inside of you. If you think that you are losing hunger, all you need to do is to connect again to your cause and dream. Let them inspire you and bring the hunger back.

4. Run your own race

Comparing yourself with others is an effective way to *demotivate* yourself. Even if you start with enthusiasm, you will soon lose your energy when you compare yourself with others. Don't let that happen to you. You have your own race so how other people perform is irrelevant. Comparing yourself with others is like comparing the performance of a swimmer with a runner using the same time standard. They are different so how can you compare one with the other?

The only competitor you have is yourself. The only one you need to beat is *you*. Have you become the best you can be?

5. Take one more step

When you meet obstacles along the way, there could be the tendency to quit. You may think that it's too difficult to move on. You may think that your dream is impossible to achieve. But this is where you can see the difference between winners and losers. Though both of them face the same difficulties, there is one thing that makes the winners different: *the courage to continue*.

In difficult situations, just focus on taking one more step forward. Don't think about how to complete the race. Don't think about how many more obstacles are waiting for you. Just focus on taking the *next* step.

6. Let go of the past

Believe it or not, one of the best demotivators is your past. Your past can drag you down before you realise it. Your past can give you a heavy burden on your shoulders.

The good news is it's a burden you don't have to carry. Take it off your shoulder and leave it. You might have made mistakes in the past. You might have disappointed others with what you did. But it's over. It's already in the past and there's nothing you can do about it.

Today is a new day and you have the chance to start again. No matter how bad your past might be, you still have a bright future ahead waiting for you. Just don't let the burden of the past stop you.

Apply these tips and motivate yourself. Don't settle for mediocrity. Let your self-motivation take you to excellence.

This article is part of October 2008 theme: Winning Attitude

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Activity 1: Passage and question

1. What are the 6 tips given by the author that you can use to motivate yourself? [6]
2. Why is self-motivation important? [2]
3. Andrew Carnegie said, *“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.”* What do you think this means? [2]

Total marks: 10

Activity 2: Cartoon and questions

Look at the cartoon below. Choose which person's thoughts you think will lead to positive self-motivation (the boy in the first frame or the boy in the second frame). Explain your answer. [10]



I just can't do this! Look at John... it's so easy for him. He is so much cleverer than I am...



This is a tough project – what a fun challenge! I must concentrate because I want to do well.

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Suggested Solutions

| Question number | Possible marks | Solution |
|-----------------|----------------|---|
| 1. 1 | 6 | <p>Have a cause you care about.</p> <p>Have a dream to inspire you.</p> <p>Be hungry for success.</p> <p>Be the best YOU can be – don't compare yourself to others.</p> <p>Don't quit. Have the courage to take the next step and continue.</p> <p>Don't let the burdens of the past demotivate you. Look ahead.</p> |
| 1.2. | 2 | <p>If you want to excel in life, self-motivation is essential. You must know how to motivate yourself. You must be able to keep your spirit high no matter how discouraging a situation is. That's the only way to get the power you need to overcome difficulties.</p> <p>Those who are discouraged in difficult times are certain to lose even before the battle is over.</p> |
| 1.3. | 2 | <p>Own answer. (No matter how talented you are, you will still have to work for your achievements and success in life. If you are not motivated to do so, you will not succeed to your full potential.)</p> |
| 1 Total | 10 | |
| 1 | 10 | Own answer. |
| 2 Total | 10 | |