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Word of the Month

MOTIVATION

Imagine you are in the desert and you are very, very thirsty. You start looking for water. You won't stop until you find it. Your thirst is your motivation. Motivation is the thing inside you that pushes you to try to achieve a goal - in this case, finding water. You can be motivated in different ways to reach different goals.

Do you know what New Year's Resolutions are? Every January, many people like to set challenges for themselves in the year ahead. These challenges are often about learning a new skill or meeting a personal goal. It's easy to say what your goals are in January, but you need motivation to keep following them throughout the year!

Write down three New Year's Resolutions for yourself, and then write how you will keep yourself motivated.

Resolution: I will learn (a new martial arts skill: _____).

I will stay motivated by: Coming to class regularly and practicing at home!

Resolution: I will read (number: _____) books every month.

I will stay motivated by: _____

Resolution: I will: _____

I will stay motivated by: _____

Student Name: _____



Complete Worksheet & turn into the Dojo
Saturday Jan. 25th, Monday Jan. 27th or Tuesday Jan. 28th

Spin the wheel for a cool prize!!

