



MOTIVATION

# Mindset Challenge

An activity designed to help students develop a positive & resilient mindset that will keep them motivated to achieve their goals.



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**Title:** "Motivation Mindset Challenge"

**Objective:** To help students develop a positive and resilient mindset that will keep them motivated to achieve their goals.

**Materials:**

- Whiteboard or flip chart
- Markers
- Paper and pens for students
- Inspirational quotes, images, and videos (optional)

**Instructions:**

1. Begin the activity by asking students to share what motivates them to achieve their goals. Write down their responses on the whiteboard or flip chart.
2. Then, ask students to share what challenges they face when trying to stay motivated. Write down their responses on a separate section of the whiteboard or flip chart.
3. Introduce the concept of a "motivation mindset" and explain that it is a positive and resilient mindset that helps us stay motivated even in the face of challenges.
4. Ask students to work in pairs or small groups and brainstorm ways to develop a motivation mindset.

They can use the following prompts as a guide:

- How can we stay positive even when things get tough?
- How can we bounce back from setbacks and failures?
- How can we set realistic goals and celebrate small wins?
- How can we find inspiration and support from others?

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5. After 10-15 minutes of brainstorming, ask each group to share their ideas with the class. Write down their responses on the whiteboard or flip chart.
6. Summarize the key ideas and encourage students to pick one or two strategies that resonate with them. Ask them to write these strategies down on a piece of paper and commit to implementing them in their daily lives.
7. As a closing activity, show students some inspirational quotes, images, or videos that promote a motivation mindset. Ask them to reflect on how these resources can help them stay motivated in the future.

## **Variations:**

- You can modify the prompts and the duration of the brainstorming session to suit the needs and interests of your students.
- You can also turn this activity into a project-based learning experience by asking students to create a motivation mindset toolkit, which can include their favorite quotes, images, strategies, and success stories.