

# MOTIVATE: REFLECTION BOOKMARK

Cut out the bookmark. Lay it in your journal to see the prompts as you respond to these reflection questions throughout the unit. Record the date above each entry.

Goals
<i>Collective Goal</i>
<i>Individual Goal</i>
Motivation
<p><i>Emotion</i></p> <p>Name an emotion that you felt today as you worked toward these goals.</p> <p>What was happening?</p> <p>Why do you think you felt this way?</p>
<p><i>Identity</i></p> <p>Name an element of your identity that you were aware of as you worked toward this goal. Consider your strengths, struggles, interests, experiences, values, and social identity markers.</p> <p>What was happening?</p> <p>Why do you think that you became aware of this element?</p>
<p><i>Challenge</i></p> <p>What level of challenge did you experience?</p> <p>What in the work felt engaging or disengaging?</p>
Self-Assessment
<p>How much do you agree with the following statement? <i>I felt motivated to work toward these goals today.</i> Explain your choice.</p> <p>Celebrate your successes in staying motivated.</p>