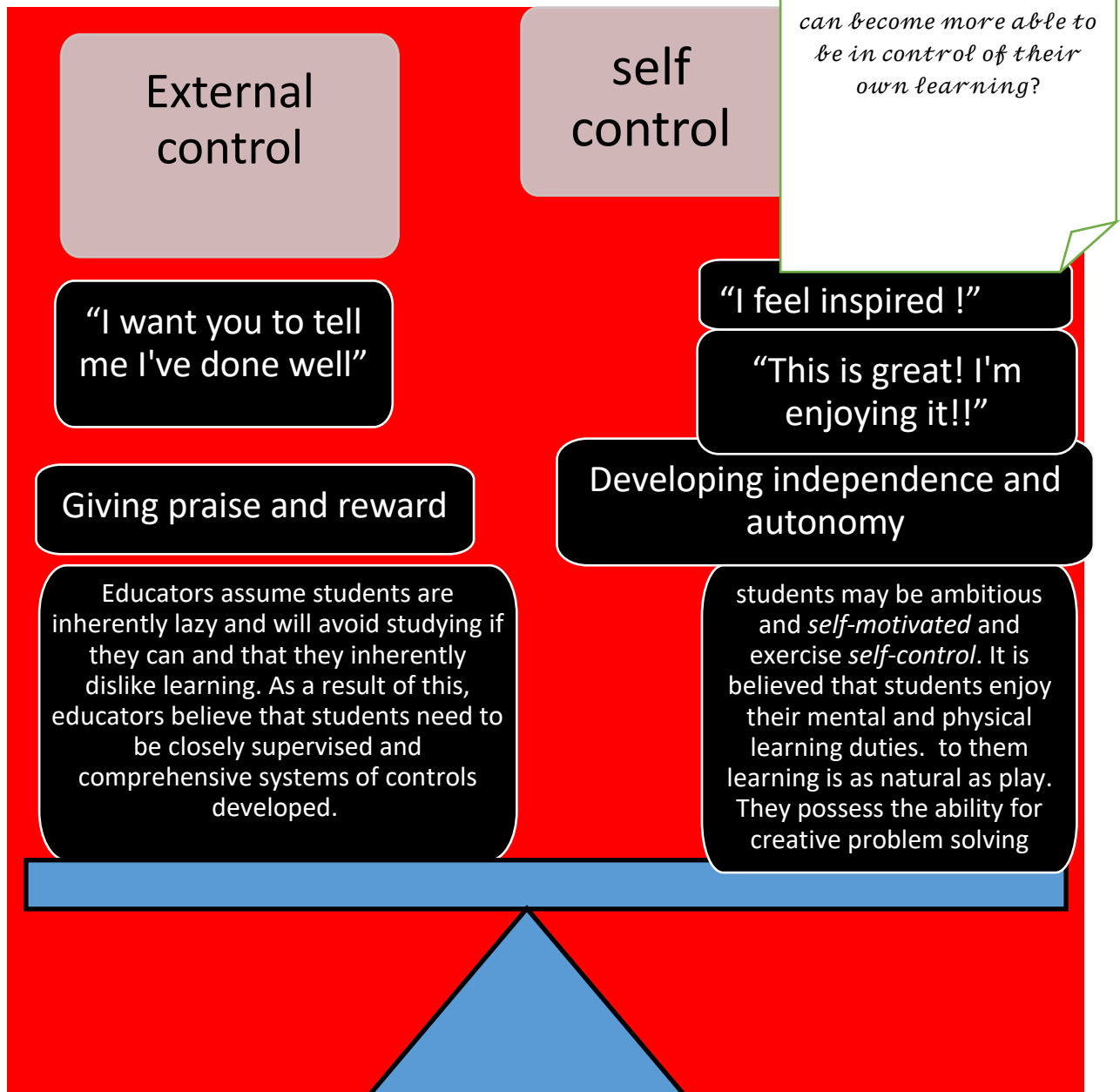


In the balance : Who is in charge?

Here are some statements that people often connect to motivation.

The left-hand side gives examples of when someone else is involved in getting you motivated. The right-hand side gives examples of when you feel motivated to do something yourself.



Are there practical things that you can do to encourage your child to be the one to feel motivated? Using the post it note, try to jot down some ways you can help.

