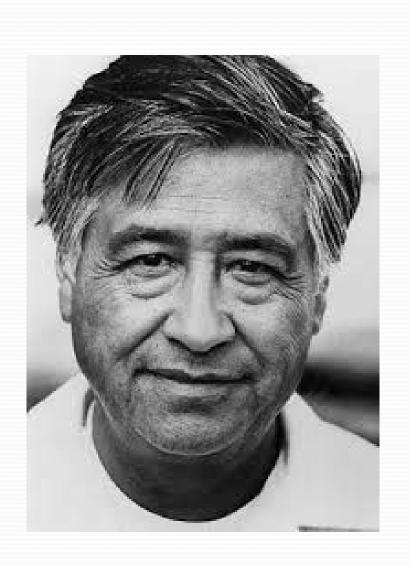
Motivation Journal— "Hard Work"

(Ideal for when a tough upcoming assignment coincides with the mid-semester slump.)

Cesar Chavez



"There is no substitute for hard work."

Journaling Prompt:

•What is the hardest you have ever worked?

Why were you willing to work so hard? What motivated you?

•Who is the hardest worker you know?

•What motivates that person to work so hard?

•How hard are you willing to work in college?

•What motivates you to work hard in college?

 Are you willing to work as hard in college as the hardest worker you know works at his or her work?

 How hard do you think it will be to read chapters 5 & 6 over the weekend?

- What is your plan to succeed?
- •How will you motivate yourself?

Share in Groups of 3 or 4

- What is the hardest you ever worked?
- What motivated you to work so hard?
- Who is the hardest worker you know?
- What motivates that person to work so hard?
- How hard are you willing to work in college?
- What motivates you to work hard in college?
- Are you willing to work as hard in college as the hardest worker you know?
- How hard do you think it will be to read chapters 5 & 6 over the weekend?
- What is your plan to succeed?
- How will you motivate yourself?