

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?**

“There is no substitute for hard work.”

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

“There is no substitute for hard work.”

- **Who is the
hardest worker
you know?**

“There is no substitute for hard work.”

- **What motivates that person to work so hard?**

“There is no substitute for hard work.”

- **How hard are you willing to work in college?**



“There is no substitute for hard work.”

- **What motivates you to work hard in college?**

“There is no substitute for hard work.”

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

“There is no substitute for hard work.”

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

“There is no substitute for hard work.”

- **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?