

JAN. 2020

week 1

"ABILITY IS WHAT YOU'RE CAPABLE OF DOING. MOTIVATION DETERMINES WHAT YOU DO."

-LOU HOLTZ

week 2

"ACTION MAY NOT BRING HAPPINESS, BUT THERE IS NO HAPPINESS WITHOUT ACTION."

-WILLIAM JAMES

week 3

"MOTIVATION IS A FIRE FROM WITHIN. IF SOMEONE ELSE TRIES TO LIGHT THAT FIRE UNDER YOU, CHANCES ARE IT WILL BURN VERY BRIEFLY."

-STEPHEN COVEY

week 4

"JUST BELIEVE IN YOURSELF. EVEN IF YOU DON'T, PRETEND THAT YOU DO AND, AT SOME POINT, YOU WILL."

-VENUS WILLIAMS

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month we are learning about motivation. There are two kinds of motivation: external and internal. External motivation comes from the encouragement your child receives from those around them: you, coaches, teammates, teachers, etc. Internal

motivation comes from your own child's drive to achieve. Getting the right kind and amount of external motivation can help your child develop the skills to self-motivate, which will help them throughout life.

MOTIVATION

MOTIVATION IS THE THING INSIDE YOU THAT PUSHES YOU TO TRY TO ACHIEVE A GOAL. YOU CAN BE MOTIVATED IN DIFFERENT WAYS TO REACH DIFFERENT GOALS.

HOW CAN YOU HELP?

- Encourage your child to believe in her/himself.
- Use positive motivation rather than (excessive) bribes or threats. For example: "I know you can solve this math problem, Hannah! I know it's hard, but you have a big brain and lots of talent!" Not: "Every time you finish your homework, we can get ice cream!" or "If you don't finish your work in ten minutes, you can't go to Jimmy's birthday party tomorrow."
- Help them practice goal-setting. Come up with somewhat difficult, yet attainable, challenges they can reach.
- Take an interest in their accomplishments.

