



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MOPYL

Mobile Program for Youth Learners



LESSON PLAN 24 THE PURSUIT OF SELF-MOTIVATION

PART A: LESSON METHODOLOGY

QUALITY	Self-motivation
<p>GENERAL DESCRIPTION OF THE QUALITY</p>	<p>According to SkillsYouNeed, Self-motivation involves:</p> <ul style="list-style-type: none"> ● finding purpose ● personal drive to achieve, ● commitment, ● initiative, ● optimism, ● resilience ● courage, ● commitment, ● recognize opportunities, ● working hard, working smart, ● pursuing one's sense of accomplishment, ● moving on, ● focus and strong goals, ● positive thinking, ● self-confidence and self-efficacy. <p>According to Merriam Webster dictionary self-motivation is:</p>

- drive by one's own desires and ambitions;
- motivated by oneself.

According to [Oxford dictionary](#) self-motivation is a quality of being capable of hard work and effort without the need for pressure from others.

Individuals with high levels of motivation are self-driven. The meaning of being self-driven is the capacity to begin and succeed at a task without being forced into it by others. It is important to have self-motivation to achieve one's goals and be successful in school, work, and other aspects of life.

What is self-motivation then? Self-motivation is, in its simplest form, the force that drives you to do things. But what is self-motivation? When you are self-motivated, you do more than empower yourself to check things off the to-do list. Being self-motivated also means having enough self-awareness to know what works for you and what doesn't. Rather than depending on others to give you a reason for doing, your sense of motivation comes from within. Your drive comes from your interests, values, and passions, not someone else's checklist (*BetterUp*).

But motivating yourself is easier said than done. Some days it feels like you are searching far and wide for anything to help you get things done. Especially since the COVID-19 pandemic, feelings of burnout and languish have become widespread. From less time outside to more time online, the past couple of years have taken on a toll on our well-being (*BetterUp*).

The good news? Learning the meaning of self-motivation can help youth improve their mental fitness and start hitting their goals. In fact, self-motivation could be the key to feeling better in both personal and professional life (*BetterUp*).

Self-motivation is an extremely desirable trait in our society. Many individuals are hardwired even at a young age to continually move forward and lead purposeful lives. How can youth be self-motivated? One of the options is trust in what they do, support in their actions and some award (*Gallup*). However, how self-motivation is expressed in youth? Here are some tips in order to better understand self-motivation principles in our young people:



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MOPYL

Mobile Program for Youth Learners

	<ul style="list-style-type: none"> • Responsible parenting and teaching. • Helping youth set goals. • Mentoring youth and building trust. • Providing opportunities. • Instilling self-determination and self-belief (<i>MyGov</i>).
GENERAL DESCRIPTION OF THE LESSON	The lesson consists of three parts – introductory part (~ 10% of the time), main part (~ 75% of the time), final part (~ 15% of the time). The introductory part consists of: a) links with other lessons; b) introduction. The main part consists of theoretical and practical (individual, pair, group) parts. The final part consists of a lesson summary and conclusions, feedback, questions and answers.
AIMS OF THE LESSON	<ol style="list-style-type: none"> 1) to learn positive features of self-motivation; 2) realize an introspective and observe the importance of self-motivation in their lives.
NON FORMAL EDUCATION METHODS OF THE LESSON	<ol style="list-style-type: none"> 1) theoretical training, 2) discussions, debates, learning to learn, simulation, observing, feedback, questions and answers, etc.
AGE GROUP	13-15 years old
EXPECTED OUTCOMES OF THE LESSON	<ol style="list-style-type: none"> 1) positive features of self-motivation; 2) through the hero's journey to self-motivation exercise, students get to learn about self-reflection, setting goals, breaking down large goals into small steps, practicing gratitude, and celebrating achievements.
PART B: LESSON DESCRIPTION	



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MoPYL

Mobile Program for Youth Learners

<p>SLOGAN</p>	<p>Whenever I am in a difficult situation where there seems to be no way out, I think about all the times I have been in such situations and say to myself, "I did it before, so I can do it again."</p> <p style="text-align: right;">Idowu Koyenikan</p>
<p>DILEMMA</p>	<p>Self-motivation proved to be one of the main values selected with responsibility, sense of belonging and leadership. Within the project life-time, 305 young people of age 14 – 15 years were questioned regarding the thirteen values promoted by the project MoPYL, which helped to see the focus of the young people and develop lesson plans taking into account needs and expectations of youth.</p> <p>The project research group also analyzed if young people add value to their community, are concerned about their future and can be role models for younger generations. According to the research report, all three statements are highly valued (in the average 70% of the respondents).</p> <p>According to the project MoPYL Research done on self-motivation, grouped by summarization showed the results in terms of instrumental values. In Latvia self-motivation (8.2), followed of responsibility (7.8) and leadership (7.6) obtained the highest average punctuation. Romanians again scored much lower than the other countries, and all items in a similar level between 5.5 and 5.6. Finally, in Spain responsibility (8.5) and self-motivation (8.3) obtained the highest scores, followed by leadership (7.8) and belonging (7.3) (page 13).</p> <p>Instrumental values regarding self-motivation were grouped in the following summarization (page 14):</p> <ul style="list-style-type: none"> • Ability to enjoy. • Spirit of self-improvement.

	<ul style="list-style-type: none"> • Curiosity. • Imagination, creativity. • Feeling motivated. <p>The role of youth in society per country according to comprehension of self-motivation by the young respondents of the MoPYL research differed equally among respondents of Latvia. They considered: 1) young people to be committed; 2) being a volunteer implies giving oneself to others, but also receiving valuable learning; 3) it would be interesting if a greater number of young people were involved in volunteer activities, and reaching a high importance – all above 3 points out of 4 maximum. Respondents of Romania also kept the equality principle, yet with lower value ranging between 2.39 and 2.54 points. In the same time Spaniards emphasized <i>‘being a volunteer implies giving oneself to others, but also receiving valuable learning’</i> with the highest points of all reaching 3.26 (page 16).</p> <p>Within the Focus Groups of the project MoPYL, self-motivation was mentioned in the context of promotion of volunteering within young people stating that between the benefits the ability to communicate (especially after these two isolation years), respect for others, self-improvement, and self-motivation, should be highlighted (page 4 of the Focus Groups).</p> <p>The results of the MoPYL Research Report helped the project consortium to decide upon the amount of values of self-motivation to be promoted by the project plans.</p> <p>See the full project MoPYL Research Report in the project’s homepage www.mopyl.eu.</p>
<p>MATERIALS NECESSARY FOR THE LESSON</p>	<p>Projector, screen, computer, access to Wi-Fi or mobile internet, pieces of paper and pens, survey questions printed, word document containing the following questions to be shown on the screen:</p> <ol style="list-style-type: none"> 1. If you are a hero, what is your story towards self-motivation? 2. Did you accomplish self-motivation? 3. What was your motivation? 4. Were there any obstacles/ dangers in your journey?



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MOPYL

Mobile Program for Youth Learners

	<p>5. Who was/ is the dragon in your way to accomplish self-motivation? 6. What treasure hides your dragon? 7. What is the title to your story.</p>		
LESSON LENGTH	1 learning hour, i.e. 45 minutes		
<u>INTRODUCTORY PART</u>	Anticipatory set	3 minutes	<ul style="list-style-type: none"> greeting and engaging students connection with prior learning on the topic explanation of the current lesson's material explanation of tasks for the students connection to the future learning
	Introduction of the new material	2 minutes	<ul style="list-style-type: none"> direct instructions of the content modelling of new values – self-motivation checking of students' understanding
<u>MAIN PART</u>	Guided practice	30 minutes	<p>TITLE: The Pursuit of Self-Motivation</p>
	<p>The teacher opens the link of the survey and shows the students how to complete it. Then, the teacher shares the printed format of the survey, because it may be the case that not all students have phones on them. They are then invited to complete the survey, then voluntarily share their view about the survey, the results. Link to the survey: https://www.mindtools.com/pages/article/newLDR_57.htm (5 min time to complete the survey)</p> <p>Story of Chris Gardner – the movie Pursuit of Happiness:</p>		



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MOPYL

Mobile Program for Youth Learners

From the beginning, life was difficult for Chris Gardner, who lived with his mother, sisters, and abusive stepfather. His mother Bettye Jean was raised in poverty. She excelled in academics, but extreme poverty and racism were huge hurdles for her to overcome. She tried to provide a better and brighter future for her children but was hindered by her abusive husband, Freddie. At times, Chris and his sisters had to stay in foster homes. Despite these domestic troubles, Chris' mother was loving and encouraged an early exposure to books, academics, and various social pursuits. But he still worried about his mom's safety because of his stepfather Freddie. Chris made a promise to himself early on to do better as a father and never hurt or abuse women.

Chris Gardner was an intelligent and smart man despite his limited academic opportunities and childhood adversity. He graduated from high school and spent four years in the Navy. He married but later divorced. Gardner invested in portable bone-density scanners meant to be a better product than x-ray machines. He sold them to physicians but was not able to make enough to meet the basic needs of his family, which at the time included himself, his girlfriend, and their young son, Christopher Jr. Gradually, their situation got worse, and his girlfriend left Chris and their five-year-old son. Still committed to giving his son a better future, Gardner decided to switch careers, moving from selling scanners to becoming a stockbroker. He was awarded a six-month unpaid internship program at a prestigious brokerage firm run by Dean Witter Reynolds. He competed with other interns for a single paid position, which would be awarded to one of them at the end of their time at the firm as interns. Gardner was highly motivated and worked hard. During these six months, he faced plenty of personal challenges. At times, he could not pay rent and was rendered homeless with his son. They once had to stay overnight in a bathroom at a subway station, but he rushed from work every day to try to secure a spot for them in a church shelter.

After six months as an intern, he was called in for a meeting with the head of the stock brokerage firm. He was told that he was a hard worker, and had been an excellent trainee. In the end, Gardner was awarded the paid position he had been hoping for. He found a stable home for himself and his son and worked for several years in the Witter brokerage firm. Finally, he reached the peak of success when he opened his own brokerage firm, Gardner Rich and Company in Chicago. Link to the trailer: <https://www.youtube.com/watch?v=DMOBIEcRuw8>



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MOPYL

Mobile Program for Youth Learners

	<p><i>“A touching and inspiring movie based on a true story. You have a choice to be stuck where you are and keep complaining or take your life in your hands, decide where you wanna be and no matter what is happening here and now, keep moving towards your goal. See the clear steps and without looking around or back, or let others’ success or troubles make you doubt about yourself.”</i></p>
GROUP PRACTICE	<p>10 minutes</p>
	<p>At first, the teacher asks if there are any questions related to the movie and the story. The teacher takes up all questions and provides answers. The teacher explains that the main actor is a genuine example of a self-motivated person as even though he faces a bunch of obstacles, he falls, but then he carries on and looks forward to the future. Then it follows a small game and a discussion based on the story of the movie.</p> <p>The game: students stay in a circle. Teacher asks what words come to their mind when they think about the story The pursuit of happiness. Afterwards, the teacher invites the students to take their seats and start a small discussion.</p> <ol style="list-style-type: none"> 1. Can they think of any other examples of self-motivation in their lives? 2. How do you define self-motivation according to the story? 3. Are you motivated to achieve what you want in life?
SITUATION	<p>The HERO’s Journey towards Self Motivation</p> <p>Task: The teacher divides the students in pairs. Each student needs a piece of paper. On the screen, the teacher shows students a couple of questions that they need to address and present to each other when they discuss each other in pairs.</p> <ol style="list-style-type: none"> 1. If you are a hero, what is your story towards self-motivation? 2. Did you accomplish self-motivation? 3. What was your motivation? 4. Were there any obstacles/ dangers in your journey?

	<p>5. Who was/ is the dragon in your way to accomplish self-motivation? 6. What treasure hides your dragon? 7. What is the title of your story?</p> <p>After they finish the discussion and time is up, students are invited to share their stories.</p>	
<p>MORAL</p>	<p><i>Having a dream is not enough, you need the courage and self-motivation and resolve to pursue it.</i></p>	
<p><u>FINAL PART</u></p>	<p>12 minutes</p>	<p>Brief summarizing of the lesson, discussion of the lessons learned, debates if the learners raise unclear, discussable issues. Feedback of learners for the best practices to be applied for future.</p>
<p>REFERENCES</p>	<ol style="list-style-type: none"> 1. Better Up. 2022. Learn how to be your own best ally for reaching your goals. Accessed: 15.08.2022. https://www.betterup.com/blog/what-is-self-motivation. 2. Erasmus+ Project. 2022. <i>Mobile Program for Youth Learners. MoPYL Research Report</i>. Available at: www.mopyl.eu. 3. Gallup. 2004. Most Teens Find Motivation Within Themselves. Accessed: 15.08.2022. https://news.gallup.com/poll/10561/most-teens-find-motivation-within-themselves.aspx. 4. MyGov. 2020. <i>Motivating Youth to become the Brand Ambassadors of New India</i>. Accessed: 15.08.2022. https://blog.mygov.in/motivating-youth-to-become-the-brand-ambassadors-of-new-india/. 5. Merriam Webster Dictionary. <i>Self-motivation</i>. Accessed: 15.08.2022. https://www.merriam-webster.com/dictionary/self-motivated. 6. MindTools. <i>How Self-Motivated Are You?</i> Accessed: 15.08.2022. https://www.mindtools.com/adosk97/how-self-motivated-are-you. 7. Oxford Learner's Dictionaries. <i>Self-motivation</i>. Accessed: 15.08.2022. https://www.oxfordlearnersdictionaries.com/us/definition/english/self-motivation. 8. Skills You Need. <i>Self-motivation</i>. Accessed: 15.08.2022. https://www.skillsyouneed.com/ps/self-motivation.html. 9. YouTube. <i>The Pursuit of Happiness (2006) Official Trailer 1 – Will Smith Movie</i>. Accessed: 15.08.2022. 	



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
European Union

MOPYL

Mobile Program for Youth Learners

	<p>https://www.youtube.com/watch?v=DMOBIEcRuw8.</p>
--	---