

Motivation Map

Name: _____

Date: _____

1. Dream Big

Goal: [Write down a big goal or dream for your future.]

Why: [Explain why this goal is important to you.]

2. Break It Down

Short-Term Goals: [List 3-5 short-term goals to help you move closer to your big goal.]

1. [Short-Term Goal 1]

2. [Short-Term Goal 2]

3. [Short-Term Goal 3]

4. [Short-Term Goal 4]

5. [Short-Term Goal 5]

3. Find Your Inspiration

Role Models: [List people who inspire you and explain why.]

Motivational Quotes: [Write down quotes that motivate you.]

4. Visualize Success

Vision Board: [On a blank sheet of paper, create a vision board with images and words representing your goals and dreams.]

5. Reflect and Adapt

Progress Check: [Regularly check your progress and celebrate your achievements.]

Adaptation: [If needed, adjust your goals and action steps based on your experiences and learning.]

6. Share and Seek Support

Support System: [List friends, family, teachers, or mentors who can support you in your journey.]
