

# Motivation

## Group Discussion

- 🗣️ How do you behave when you are feeling motivated?
- 🗣️ What helps you to feel motivated with your studies/work?
- 🗣️ What sort of tasks and chores do you find yourself putting off until later a) at home b) at work?
- 🗣️ What is it about these tasks that makes you reluctant to do them?
- 🗣️ What sort of things do you do instead when you're putting off something difficult?
- 🗣️ Do you have a technique to help motivate you to do difficult or important tasks?

## TED Talk Video

There are TED talks on many different topics given by speakers across the globe from all sorts of walks of life.

- 🗣️ Have you ever watched any TED Talks before? Did you find it/them inspiring?
- 🗣️ What makes a good TED speaker?
- 🗣️ If you gave a TED talk, what would it be about?

**For homework:** Choose one of the following TED Talks relating to the subject of motivation:

The psychology of self-motivation | Scott Geller

<https://youtu.be/7sxpKhIbr0E>

Inside the mind of a master procrastinator | Tim Urban

<https://youtu.be/ari7oStGLkU>

The puzzle of motivation | Dan Pink

<https://youtu.be/rrkrvAUbU9Y>

How to Get Your Brain to Focus | Chris Bailey

[https://youtu.be/Hu4Yvq-g7\\_Y](https://youtu.be/Hu4Yvq-g7_Y)

- Watch the video and summarise in one or two sentences what it was about:

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- Rate the Talk out of 5 (5 = excellent, 1 = poor) according to the following criteria, giving your reasons:

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|--------------------|-------|-------|
| Relevant           | ___/5 | _____ |
| Interesting        | ___/5 | _____ |
| Entertaining       | ___/5 | _____ |
| Easy to understand | ___/5 | _____ |
| Inspiring          | ___/5 | _____ |
| Useful/Helpful     | ___/5 | _____ |
| Overall Score      | ___/5 | _____ |