



# MOTIVATION

I can move from external  
to internal motivation.

# Copyright Notice

## Terms of Use

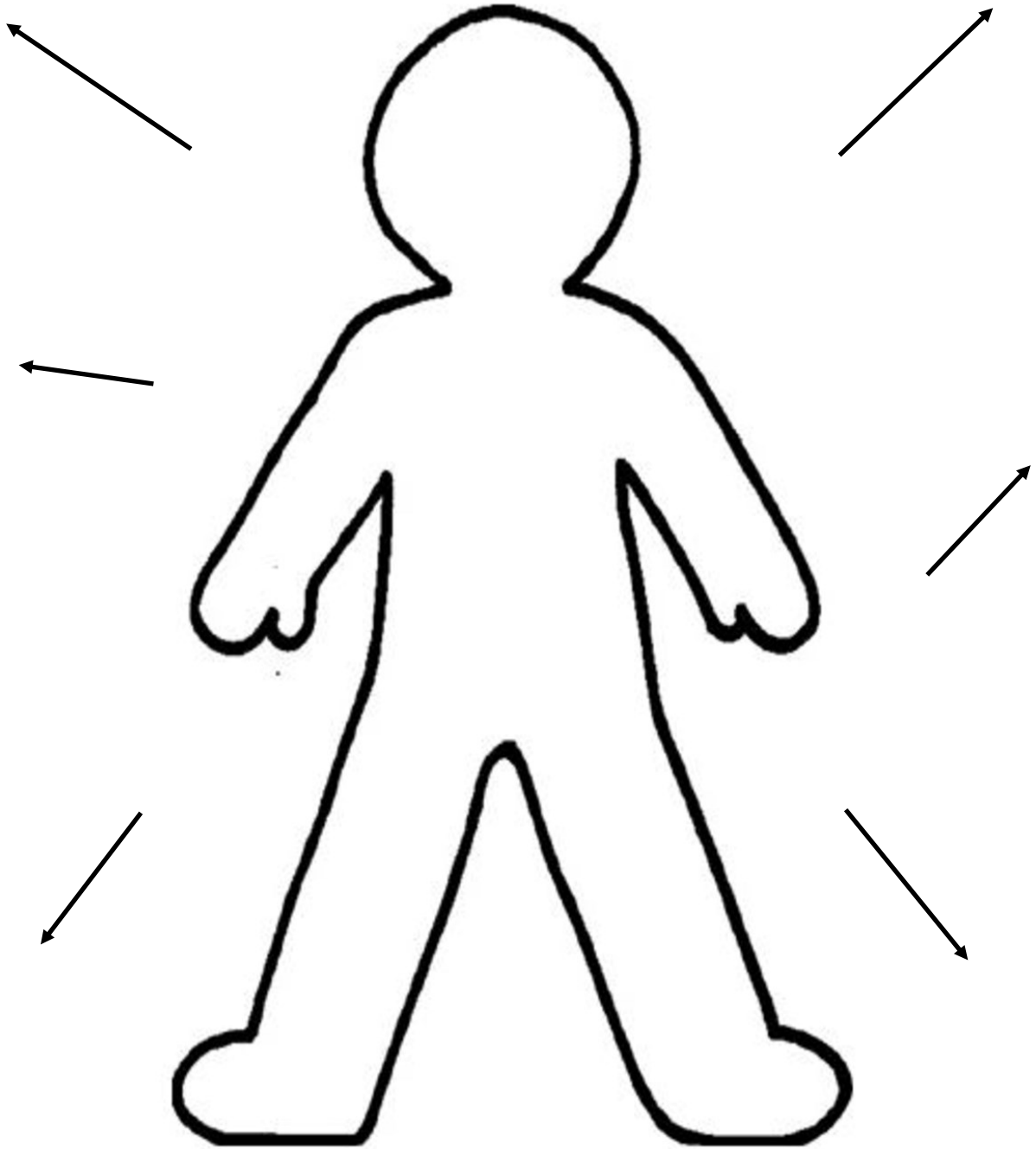
This download includes all lessons and resources related to the Habit of Learning curriculum.

The contents of this download are copyright of Genevieve Peterson. This download is for personal use only. You may not copy, distribute, reproduce, alter, modify, or publicly display content from this download, except for personal, noncommercial use.

You may not sell, alter or host any of my files from my website [www.aoneroomschoolhouse.com](http://www.aoneroomschoolhouse.com). If you would like to share my files, please provide a link to my website.

If you have any questions, please email [info@aoneroomshoolhouse.com](mailto:info@aoneroomshoolhouse.com)

# External Motivation



# Internal Motivation



Clean your room so you don't get a time-out.

Eat your dinner so you can have dessert.

Read a book on fossils because you love dinosaurs.

Put away your clothes because you like your bedroom to look neat and clean.

Study for a test to get a good grade.

Read a book because it was assigned by your teacher.

Read the Bible to learn about Jesus.

Call a friend to see how they are doing.

Do your chores so your mom will let you go to your friend's house.

Eat a healthy dinner so your body will feel strong.

Help your brother with his school work because you know it will make him happy.

Study hard in school because you enjoy learning.

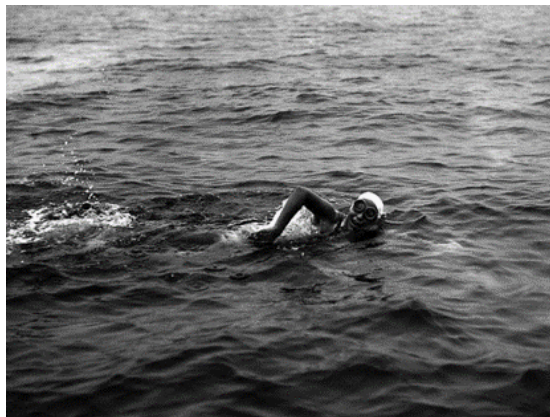
# Florence Chadwick



Florence Chadwick was a swimmer who embraced challenge with determination. As a child she became a strong open-water long distance swimmer. She earned many titles and world records during her swimming career, but one story stands out among the rest.



On July 4, 1952, Chadwick attempted to swim across the Catalina Channel: a 26 miles swim from the coast of southern California to the Catalina Island. After almost 16 hours of swimming in thick fog, frigid water, and nearby sharks, she gave up. When she was pulled into the life boat she was told that she had quit just a mile off shore. When asked by a reporter why she gave up, she responded, "Look, I'm not excusing myself, but if I could have seen land, I might have made it."



Two months later she tried again. On her second attempt at the channel, Chadwick succeeded! She said she kept a mental image of the shoreline in her mind while she swam. She finished the swim in 13 hours and 47 minutes – two hours faster than the official record, set by a man.

Chadwick teaches us that when we have a clear vision of our future, it is easier to reach our goals.

# Vision Brainstorm



Motivation: I can move from external to internal motivation.

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline for letter height guidance. There are five sets of these lines.

*Motivation: I can move from  
external to internal motivation.*

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline.

# Motivational People

Make a list of people (famous or people you know) that kept trying even after they failed.

# Motivation Quotes

“Every habit has its beginning. The beginning is the idea which comes with a stir and takes possession of us.”

- Charlotte Mason

“We become what we think about.”

- EARL NIGHTINGALE

“Create the highest, grandest vision possible for your life because you become what you believe.”

- Oprah Winfrey

“And then, I realized what you do with an idea...

You change the world.”

- *What Do You Do With An Idea?*

“Don’t stop when you’re tired. Stop when you’re done.”

- Marilyn Monroe

“A person who never made a mistake never tried anything new.”

- Albert Einstein

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover.

- Mark Twain

# Scriptures for Motivation

**Colossians 3:23** - And whatsoever ye do, do [it] heartily, as to the Lord, and not unto men;

**1 Corinthians 15:58** - Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

**Proverbs 3:5** - Trust in the LORD with all thine heart; and lean not unto thine own understanding.

**Psalms 34:17-20** - [The righteous] cry, and the LORD heareth, and delivereth them out of all their troubles...

**Matthew 19:26** - But Jesus beheld [them], and said unto them, With men this is impossible; but with God all things are possible.

**2 Corinthians 12:9** - And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

**Romans 12:11** - Not slothful in business; fervent in spirit; serving the Lord;

**Matthew 6:1-4** - Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven...

**Galatians 5:12** - I would they were even cut off which trouble you.

**1 Corinthians 6:19-20** - What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own?...

**Philippians 4:19** - But my God shall supply all your need according to his riches in glory by Christ Jesus.

**Galatians 6:7-8** - Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap...

**2 Corinthians 9:7** - Every man according as he purposeth in his heart, [so let him give]; not grudgingly, or of necessity: for God loveth a cheerful giver.

**Luke 15:7** - I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.

# Books for Motivation

## Littles, Age 0-7

- *A Dance Like Starlight: One Ballerina's Dream*, by Kristy Dempsey.
- *The Dot*, by Peter Reynolds.
- *Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah*, by Laurie Ann Thompson.
- *Grace for President*, by Kelly DiPucchio.
- *Ish*, by Peter Reynolds.
- *Odd Velvet*, by Mary Whitcomb.
- *Stanza*, by Jill Esbaum.
- *Be Kind*, by Pat Zietlow Miller.
- *Wherever You Go*, by Pat Zietlow Miller.

## Kids, Age 8-12

- *Being Teddy Roosevelt*, by Claudia Mills.
- *Better Nate than Ever*, by Tim Federle.
- *Brown Girl Dreaming*, by Jacqueline Woodson.
- *Katerina's Wish*, by Jeannie Mobley.
- *Rules*, by Cynthia Lord.
- *Wonder*, by R.J. Palacio.

## Young Adult, Age 13-18

- *A Time to Dance*, by Padma Venkatraman.
- *Be a Changemaker: How to Start Something that Matters*, by Laurie Ann Thompson.
- *Fat Angie*, by e. E. Charlton-Trujillo.
- *Stargirl*, by Jerry Spinelli.
- *Taking Flight*, by Michaela DePrince and Elaine DePrince.
- *Throw Like a Girl: How to Dream Big and Believe in Yourself*, by Jennie Finch.

# Motivation Poetry

## Aim High to the Sky

By James McDonald

Aim high to the sky,  
In all that you do.  
Because you just never know,  
What it takes to be you.

Be strong and be brave,  
But at the same time be kind.  
And always be sure,  
That you're using your mind.

## Evolution

By John Banister Tabb

Out of the dusk a shadow,  
Then, a spark;  
Out of the cloud a silence,  
Then, a lark;

Out of the heart a rapture,  
Then, a pain;  
Out of the dead, cold ashes,  
Life again.

# Motivation Poetry

## If You Can't Go Over Or Under, Go Around

By Joseph Morris

A baby mole got to feeling big,  
And wanted to show how he could dig;  
So he plowed along in the soft, warm dirt  
Till he hit something hard, and it surely hurt!

A dozen stars flew out of his snout;  
He sat on his haunches, began to pout;  
Then rammed the thing again with his head—  
His grandpap picked him up half dead.

"Young man," he said, "though your pate is bone.  
You can't butt your way through solid stone.  
This bit of advice is good, I've found:  
If you can't go over or under, go round."

A traveler came to a stream one day,  
And because it presumed to cross his way,  
And wouldn't turn round to suit his whim  
And change its course to go with him,

His anger rose far more than it should,  
And he vowed he'd cross right where he stood.  
A man said there was a bridge below,  
But not a step would he budge or go.

The current was swift and the bank was steep,  
But he jumped right in with a violent leap.  
A fisherman dragged him out half-drowned:  
"When you can't go over or under, go round."

If you come to a place that you can't get through,  
Or over or under, the thing to do  
Is to find a way round the impassable wall,  
Not say you'll go YOUR way or not at all.

You can always get to the place you're going,  
If you'll set your sails as the wind is blowing.  
If the mountains are high, go round the valley;  
If the streets are blocked, go up some alley;

If the parlor-car's filled, don't scorn a freight;  
If the front door's closed, go in the side gate.  
To reach your goal this advice is sound:  
If you can't go over or under, go round!