

Activity Three

Motivation



Motivation

- When we start something new, we need to think about why we want to do this, what is the motivation us and what we like the outcome to be.
- Take a few minutes to consider the following questions, this will help you reflect on your motivation and may be something to look back on during the year.



Goals

What are your long-term plans. What would you like to be doing five years from now?



Graduate Certificate in Counselling Skills

Why did you decide to start this course?



Development

- What areas do you think you most need to develop? What might prevent you from doing this?
- What might be your barriers?



Notes

- Write notes in your journal in answer to all these questions as they will be useful to return to at a later date.

