



**COMPASS**  
CHARTER SCHOOLS



# **Finding Your Motivation in Challenging Times**

**Presented by  
Mrs. Helton & Mrs. Schwartzberg**

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# Agenda

- What is Motivation?
- Finding your “Why”- Simon Sinek
- Golden Circle
- Activity: Buggin’ Out!
- Cycle of Inactivity
- How to find motivation
- Behavioral Activation Planning



# What is motivation?



mo·ti·va·tion

/,mōdə'vāSH(ə)n/

*noun*

the reason or reasons one has for acting or behaving in a particular way.  
"escape can be a strong motivation for travel"

Similar:

motive

motivating force

incentive

stimulus

stimulation



- the general desire or willingness of someone to do something.  
"keep staff up to date and maintain interest and motivation"

Similar:

enthusiasm

drive

ambition

initiative

determination

enterprise





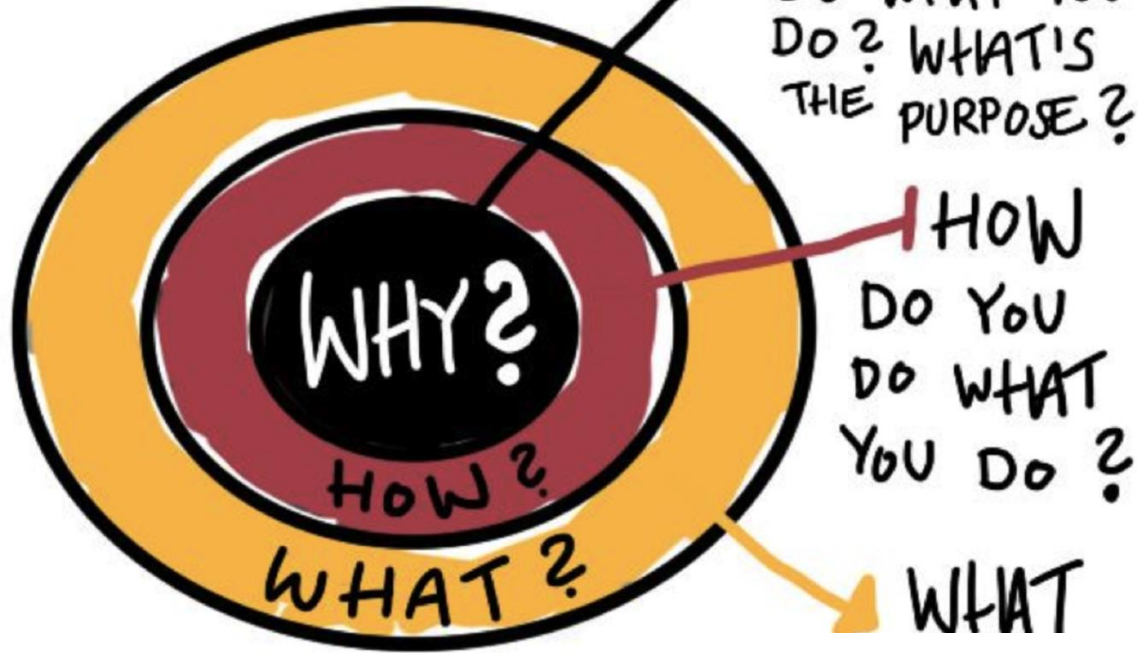
# Your "Why"- Simon Sinek



<https://www.youtube.com/watch?v=fSLrhTw2tQA>



# GOLDEN CIRCLE



IDEA: SIMON SINEK

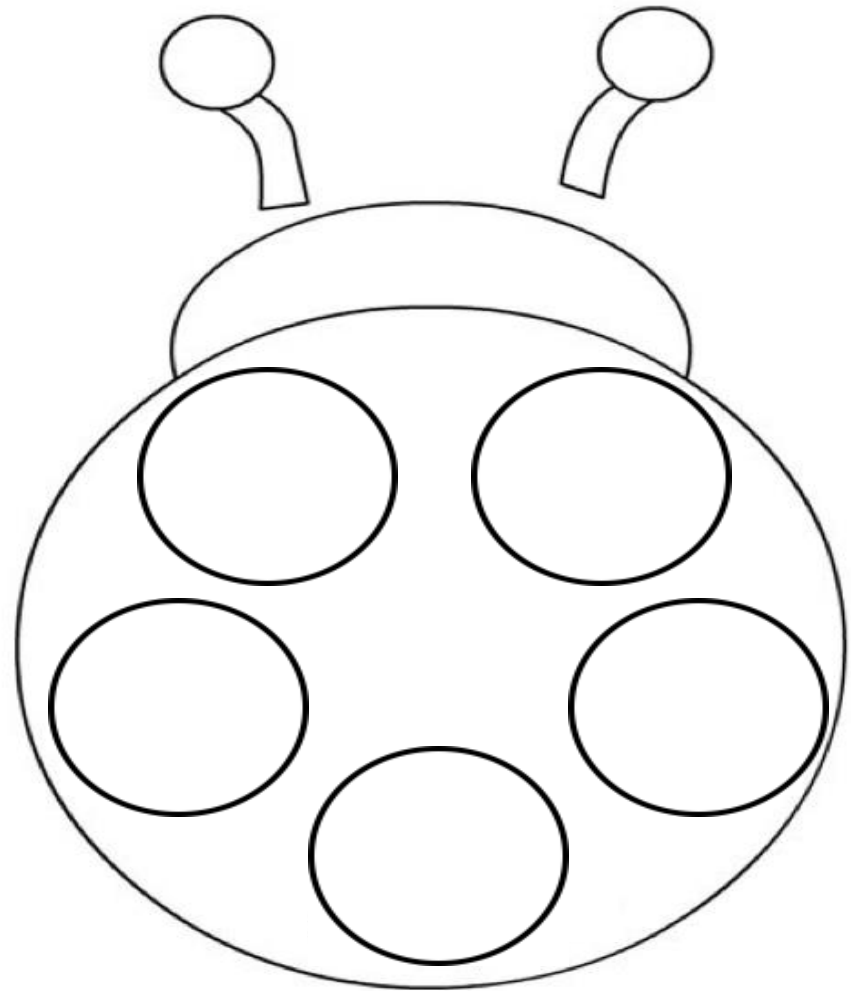
DO YOU DO?



# BUGGIN' out!

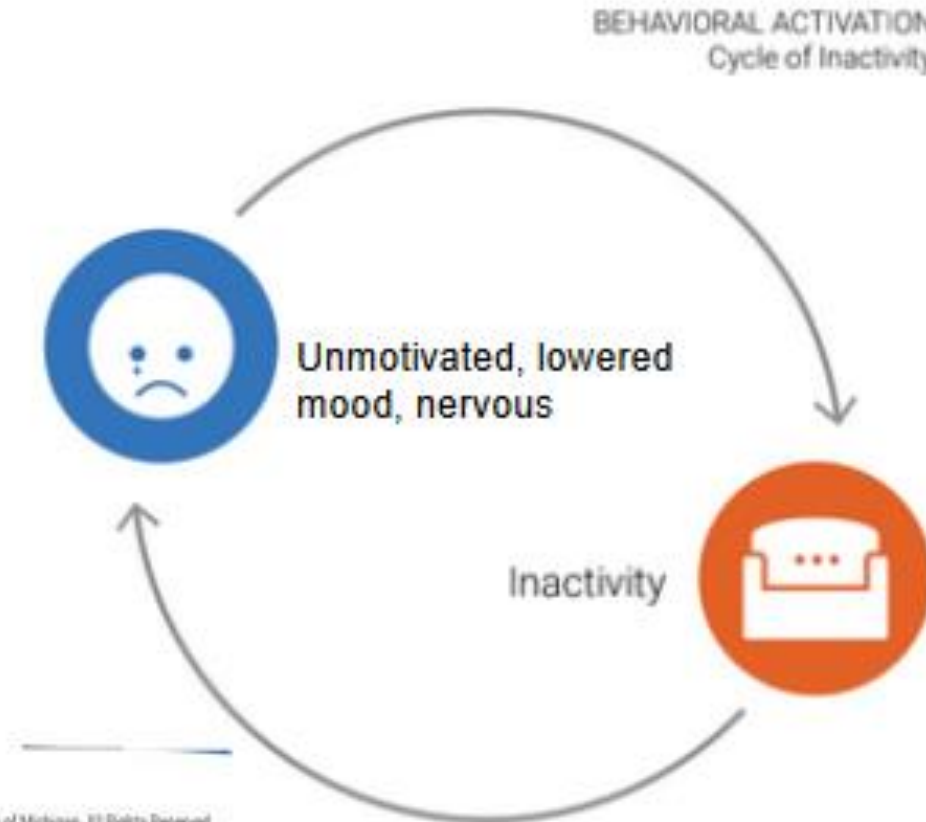
**There are many reasons why you might be lacking motivation.**

**What are you getting stuck on - or what is bugging you?**





# What happens when we lack motivation?



[ISA.Stanford.org](http://ISA.Stanford.org)

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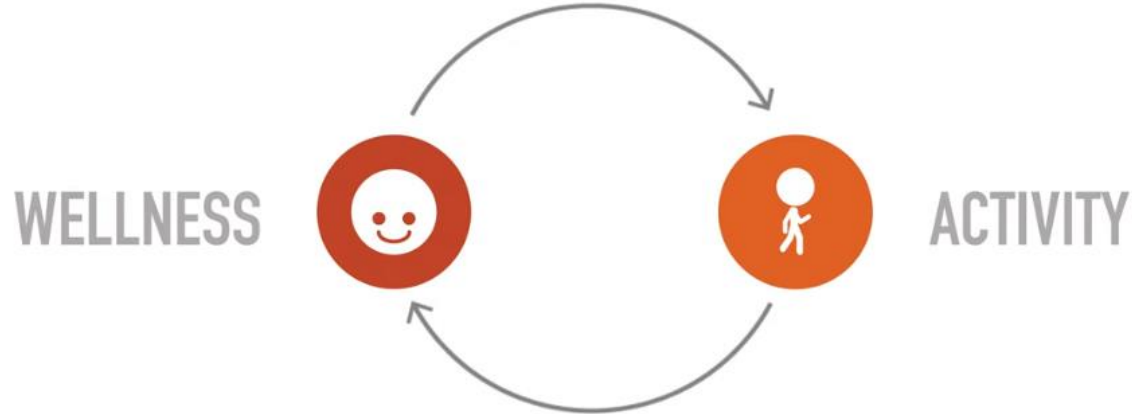


<https://www.youtube.com/embed/CvMnf2MwBcE>





# What happens when we feel motivated?



[DIAL.berkeley.edu](https://dial.berkeley.edu)

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# Behavioral Activation Planning

Behavioral activation is a skill that helps us interrupt the cycle of inactivity in our lives by planning activities that help us feel more energized and accomplished. Plan some activities for your week below, and use the [Coping Skills Practice Log](#) to track your practice and see how activities impact your mood!

Activities I might like to do:

1.	3.	5.
2.	4.	6.

This week I'm going to focus on: \_\_\_\_\_

Some things that might make it harder for me to reach my goal are: \_\_\_\_\_

The best time of day for me to do this is: \_\_\_\_\_

\_\_\_\_\_

In order to have it count, I will need do my activity for at least \_\_\_\_\_ minutes.

I can overcome those barriers by: \_\_\_\_\_

My goal is to do my activity at least \_\_\_\_\_ times before next group.

\_\_\_\_\_

 **Reward**  
If I reach my goal, I will: \_\_\_\_\_



# Strategies for when the “Stuckies”-strike

## Get Active

Motivation often follows action. Even a few minutes of being active can have a ripple effect – each positive action is an investment toward recovery!

## Track Your Progress

Keep activity and mood logs so you can start to see the relationship between what you do and how you feel. Set goals, and use meaningful rewards to stay motivated – then document your success. This can be hard work, so be proud even of small steps!

## Pay Attention to Your Choices

Making a good choice can help your body and mind begin to recover! When we aren't sleeping or eating well, or when we use substances, we leave ourselves vulnerable to negative emotions. In moments of decision, which choice will move you toward wellness?

## Be Kind to Yourself

Depression can be incredibly frustrating and discouraging. It's so much harder to do anything, and you may feel like a failure because of that. Plus, depression can make it hard to enjoy things, so it can take a while for activities to feel fun again! Treat yourself kindly while you try to get better.

## Set Small Goals

Self-care is a great place to start. If you've gotten out of the habit of showering, take a shower. Brush your teeth. Clean your room. Notice if it makes you feel better. Even if it isn't enjoyable immediately, try it again the next day! Even small steps count!

[TRAILStoWellness.org](http://TRAILStoWellness.org)

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# Counseling Services

Contact is as easy as 1 -2- or 3

Reminder: Live LLs @ Noon  
Tuesday: [High School](#)  
Thursday: [Middle School](#)  
M-Th: Morning Starter and Afternoon Firebird Talks (connect with counselor)

## 1. Click for Appointment

**A-Co** [Mrs. Gabriela "Gabby" Ayala](#)  
**Cr-G** [Mrs. Kiki Helton](#)  
**H-Me** [Mr. Jacob Samples](#)  
**Mi-Ro** [Mrs. Mandi Schwartzberg](#)  
**Ru-Z** [Ms. Michelle Bateman](#)

*College & Career Support*

**All Scholars** [Ms. Mataya Olson](#)

\*\* Daily Sessions:

College Roadtrip (connect with College Career Readiness Counselor)  
2:30PM-3:00PM

## 2. Call or Text

**A-Co** (805) 405-4834  
**Cr-G** (805) 358-4745  
**H-Me** (805) 405-3049  
**Mi-Ro** (805) 807-8201  
**Ru-Z** (805) 807-8241

*College & Career Support*

**All Scholars**

(805) 807-8173

## 3. Email or G-chat

**A-Co**  
[gayala@compasscharters.org](mailto:gayala@compasscharters.org)  
**Cr-G**  
[khelton@compasscharters.org](mailto:khelton@compasscharters.org)  
**H-Me**  
[jsamples@compasscharters.org](mailto:jsamples@compasscharters.org)  
**Mi-Ro**  
[aschwartzberg@compasscharters.org](mailto:aschwartzberg@compasscharters.org)  
**Ru-Z**  
[mbateman@compasscharters.org](mailto:mbateman@compasscharters.org)

*College & Career Support*

**All Scholars**

[molson@compasscharters.org](mailto:molson@compasscharters.org)



# Questions?

**Book a meeting with your counselor** → Click the link below (last name)

[A-Co](#)

[Cr-G](#)

[H-Me](#)

[Mi-Ro](#)

[Ru-Z](#)

Mrs. Kiki Helton | Counselor, Cr-G

805-358-4745

[khelton@compasscharters.org](mailto:khelton@compasscharters.org)

Mrs. Mandi Schwartzberg | Counselor, Mi-Ro

805.807.8201

[aschwartzberg@compasscharters.org](mailto:aschwartzberg@compasscharters.org)

