



# **MOTIVATION AND MENTAL PREPARATION**

## OBJECTIVES

- Define motivation and understand it's importance in sport
- Understand the different types of motivation
- Be able to set SMARTER goals



# STARTER – SYMMETRICAL WORD BOXES

	1	2	3	4
1				
2				
3				
4				

1. Matter unit
2. Lion handler's task
3. Warning sign
4. fix



# STARTER – SYMMETRICAL WORD BOXES

	1	2	3	4
1				
2				
3				
4				

1. Grime
2. Sugar ...
3. Centimeter or gallon,  
for example
4. Measure



## MOTIVATION

- “The driving force that makes you decide what to do and how much effort to put in.”



# MOTIVATION

- The more motivation you have
  - The harder you will work
  - The more likely you are to succeed



WHY DO YOU DO YOUR SPORT?



# TYPES OF MOTIVATION

## Intrinsic

- Comes from the activity itself
- You like it for it's own sake
- It makes you feel good



## Extrinsic

- Comes from outside the activity





# DISADVANTAGES OF EXTRINSIC MOTIVATION

- Reward too difficult or easy to attain it may put you off
- Competition for the rewards may put you under too much pressure
- You may lose interest in sport if you fail to get a prize



INTRINSIC  
MOTIVATION



EXTRINSIC  
MOTIVATION



SUCCESS



# MOTIVATION AND GOALS

- A goal to aim for is a good motivator
- A goal motivates you to work hard
- It helps you prepare mentally for performance, since you know where you are aiming for
- Acts as a sign post giving you direction in your training
- It is something to check your progress against
- Having goals makes you feel less anxious and more in control
- Meeting a goal increases your confidence





# SMARTER GOALS

- Specific
- Measurable
- Agreed
- Realistic
- Time-Phased
- Exciting
- Recorded



2011			
January	February	March	April
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	October	November	December
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



CITY OF WASHINGTON GENERAL SERVICES ADMINISTRATION			
FINANCIAL STATEMENT			
FUND BALANCE SHEET			
FUND	NAME	AMOUNT	DATE
1	Gen Fund	10	1/1/11
2	Gen Fund	10	1/1/11
3	Gen Fund	10	1/1/11
4	Gen Fund	10	1/1/11
5	Gen Fund	10	1/1/11
6	Gen Fund	10	1/1/11
7	Gen Fund	10	1/1/11
8	Gen Fund	10	1/1/11
9	Gen Fund	10	1/1/11
10	Gen Fund	10	1/1/11
11	Gen Fund	10	1/1/11
12	Gen Fund	10	1/1/11
13	Gen Fund	10	1/1/11
14	Gen Fund	10	1/1/11
15	Gen Fund	10	1/1/11
16	Gen Fund	10	1/1/11
17	Gen Fund	10	1/1/11
18	Gen Fund	10	1/1/11
19	Gen Fund	10	1/1/11
20	Gen Fund	10	1/1/11
21	Gen Fund	10	1/1/11
22	Gen Fund	10	1/1/11
23	Gen Fund	10	1/1/11
24	Gen Fund	10	1/1/11
25	Gen Fund	10	1/1/11
26	Gen Fund	10	1/1/11
27	Gen Fund	10	1/1/11
28	Gen Fund	10	1/1/11
29	Gen Fund	10	1/1/11
30	Gen Fund	10	1/1/11
31	Gen Fund	10	1/1/11