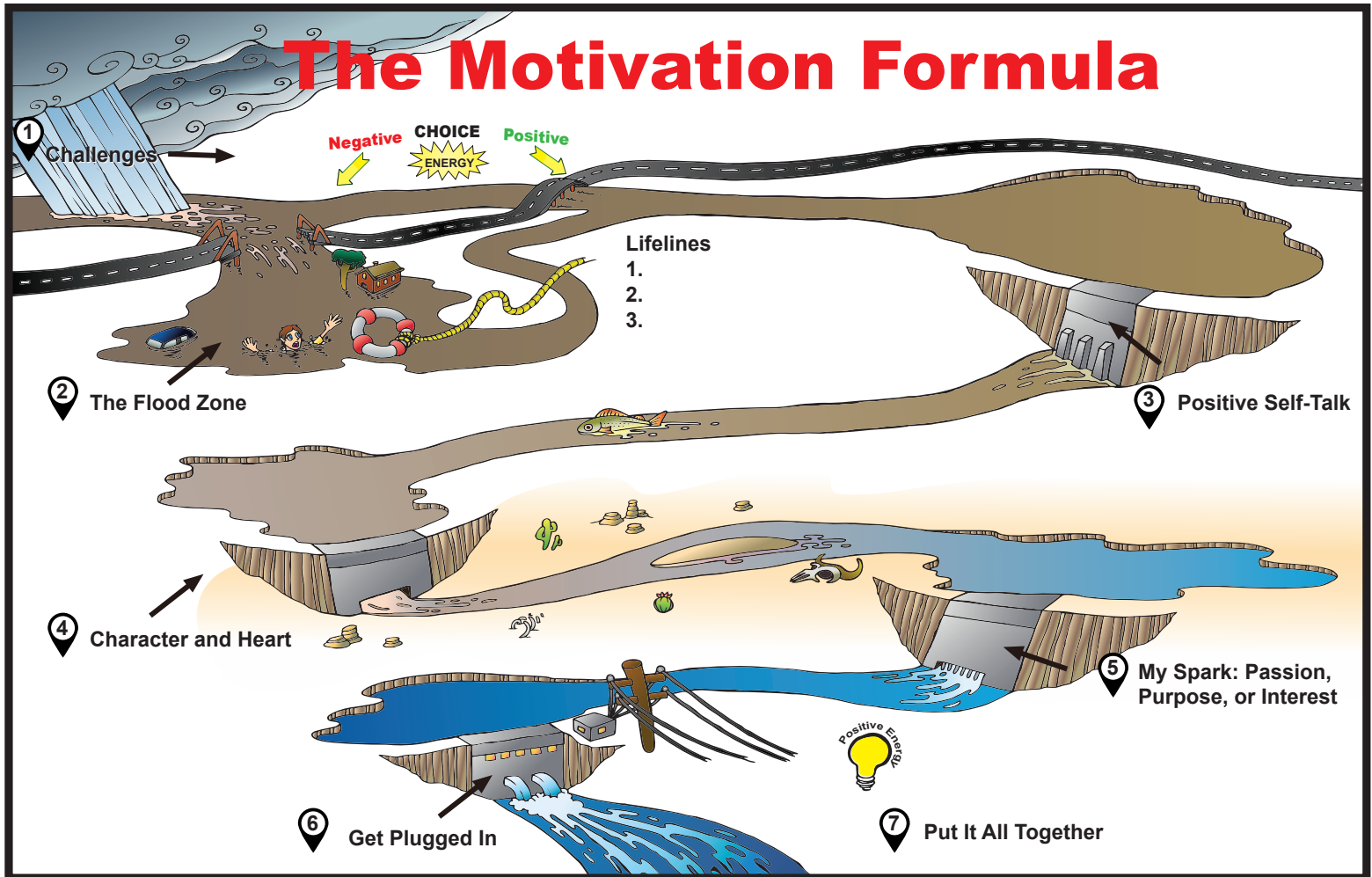


The Motivation Formula



Motivation & Resilient Mindset Student Gameplan

Instructions:

Use this gameplan with the Motivation Formula visual. Each part of the river in the image represents a part of your life and how you respond to challenges. The storm cloud stands for stress or hard times, the flood zone shows what happens when that stress gets overwhelming, and the dams represent tools you can use to stay motivated and in control. As you go through each section, think about how you can turn your challenges into motivation. You can write your responses on this gameplan or directly on the image if there is space. Your answers can help guide a conversation with a teacher, counselor, or mentor.



I Can Be Resilient By:

- Using challenges to fuel my motivation
- Practicing positive self-talk
- Finding support to help me succeed

Name: _____

Date: _____

“Turning Pressure Into Power”

Look at the visual metaphor The Motivation Formula. Have you ever felt like your life is flooding with pressure — like school, family, or friends are just too much all at once? What if I told you those overwhelming feelings — anger, stress, anxiety — could actually become your secret power?

Life can sometimes feel like a river during a storm. The rain starts slow — a fight with a friend, stress at home, failing a test — but then it builds. Suddenly, the river rises fast, and before you know it, you’re in the Flood Zone: snapping at people, shutting down, maybe even giving up.

But here’s the twist: your emotions don’t have to drown you — they can drive you.

That’s what the Motivation Formula is all about. It’s a way to take all that energy from stress, frustration, and struggle, and channel it into something that actually helps you. Think of it like building dams on that river — tools that slow the flood and redirect your energy into movement, progress, and motivation.

This formula gives you:

- Lifelines when you feel like you’re sinking
- A way to flip the switch with positive self-talk
- The strength of your character and heart
- The spark of your passions and purpose
- And the power of plugging into support

Every part of this river metaphor is a part of YOU. And when you learn how to use these tools, you’re not just surviving challenges — you’re using them to become a stronger, wiser, more resilient version of yourself.

So let’s dive in — and start turning pressure into power.



Challenge Check-In

What’s one challenge that’s adding pressure to your “river” right now? (Think of the storm cloud adding water to the river in the visual.)



The Flood Zone

The Flood Zone is where your energy overflows and turns into things like anger, giving up, or making harmful choices. What might the flood zone represent in your life? (Think about a situation where you feel overwhelmed.)

Motivation & Resilient Mindset Gameplan

Lifelines

When you're in the Flood Zone, one way to stay safe is by grabbing a lifeline — someone who can help pull you out. On the Motivation Formula visual, this is shown as a life preserver being thrown to someone in the floodwaters. Think of people in your life who support you, encourage you, or believe in you. Who do you see as a lifeline?



Positive Self-Talk

The first “dam” in the river is positive self-talk. This is how we speak to ourselves during hard times. Write one thing you can tell yourself to steer your energy in a better direction. Example: “I’ve done hard things before — I can do this too.”

Your Self-Talk:



Character and Heart

This “dam” represents doing the right thing even when it’s hard — for yourself or for others you care about. Name someone you respect. How do they inspire you to keep going?



My Spark: Passion, Purpose, or Interest

This “dam” reminds you of what brings you joy or purpose — something that gives you energy even when life is tough. What is something you care about or enjoy doing?



Get Plugged In

We all need help sometimes. This final “dam” reminds us to connect with people who support us. Who are three people you can turn to when you’re struggling?

1. _____
2. _____
3. _____



Put It All Together

Looking back at your challenge, how might it become a source of strength or motivation when you use the strategies in the metaphor?

One Big Thing I Learned
