



MOTIVATION MATTERS

Dear Families and Community Members,

What gets you out of bed in the morning? (We aren't talking about your alarm clock.) The things that motivate you to get going each day might not be something you actively think about. But being in touch with your "why" helps you stay focused on your goals and keeps you going when times get tough.

Getting kids to understand what motivates them can help them get to know themselves better and set them up for success in pursuing their dreams. Watch the video [On Motivation](#) with your child. Then try the activities below.

TALK ABOUT IT

As a trusted adult with more life experience, you've got valuable knowledge to share with a child. To begin, share your responses to the following:

- When you were a little kid, what job did you see yourself doing in the future?
- What has changed since then?
- Are there any changes you'd like to make?

Then let your child take the lead:

- What did you first think you wanted to be when you grew up? Has that changed?
- Where did these career dreams come from?
- Which aspects of your dream job are most important to you?

TRY IT OUT

Share the story of your job path. Talk through what motivates you to do the job you are doing and what has motivated you in past jobs. You might have been motivated to get your first job so you could have money to hang out with your friends. How have your motivations changed? Draw your career path in chalk on the sidewalk or in markers on a piece of paper.

Then let your child do the same. Point out that the world has changed since you were their age. That can lead to a great conversation about leaving room for possibilities that don't exist yet.

Times change, and people do too. But there are some things about us that stay the same. Have kids note some things that motivate them about their path. These can be things like family, helping others, and financial security. These motivators can help keep them going in the right direction, whatever that may be.