

Thrive 365 #22

Did you know?

Motivation comes from seeing the small successes you have along the way. They build your confidence and your self-belief. These small 'wins' are also referred to as 'success markers' and are really important to our sense of wellbeing because they help us to feel a sense of progress and achievement. So, how do we use success markers to keep children motivated and boost their self-belief?

What can you try?

1. Decide on the destination

Identify what problem or task you/your child is trying to make progress towards. For example: sitting and concentrating for 20 minutes without getting up for a drink or looking at a phone or becoming distracted. Being clear about exactly what you want to achieve helps you to know when you've been successful.

2. Plan the route

It can help to literally draw this out like a route map between where they are now and where they want to get to. Create 4-5 steps or checkpoints between where they are now and their end-goal. For example, maybe step 1 is to sit and focus for 5 minutes, step 2 for 10 minutes, step 3 for 15 minutes etc. Talk with them about how they can tell if they've succeeded in reaching their step - for instance they can set a timer. The time between each 'step' will vary depending on the individual. It might be a couple of weeks, a couple of days or a couple of hours!

3. Focus on the journey

When they get to each checkpoint, make time to talk to them about how their journey is going. Make this non-judgemental – it's normal for obstacles and distractions to crop up along the way. You can add to your route map pictures of mountains, hurdles, or icy paths that they might slide back down to show this. Stress to them that not going forward or even slipping backwards a little bit doesn't mean they've not made progress overall. Keep them focused on their successes to keep them motivated!

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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