

# Staying motivated

## Activity

### A pat on the back

Using pledges and rewards can help you to stay motivated. They help you to mark progress and make you more likely to succeed at what you are trying to do.

A pledge is a serious promise that you make to yourself, like doing something on a certain day or a certain number of times. If you make your pledge public, then you put more pressure on yourself to stick to it because people may check up on you, meaning you won't want to let them down.

Rewards are whatever you want to do to give yourself a pat on the back for sticking to your pledge. For example, if you pledge to be more active by going to football club once a week for a month, reward yourself at the end of the month by taking a friend with you or asking your parent or carer to make a special meal.

Think about one of the moves you're working on and write down a pledge connected with the move. Then consider how and when you would like to reward yourself when you have achieved what you pledged. Write down four possible rewards and share your plan with someone who might be able to help you stay motivated.

**Reward idea**

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**To help me with the move**

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**I pledge...**

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**Reward idea**

**Reward idea** .....

..... **Reward idea**

P.S. There's more help on staying motivated in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)