Handout 1-C: Motivation Statement Worksheet

Session 3 · about 35 minutes, including writing and revising your paragraph

Self-Determination Theory (SDT) says motivation lasts when three needs are met: **autonomy** (you have some choice), **competence** (you can grow), and **relatedness** (you feel connected to others). This worksheet helps you see which need is running low, then write a short statement of why you're here.

Part 1: Rate your three needs

Need	Rating (1–5)	One reason for this rating
Autonomy (I have some choice)	…	…
Competence (I can grow)	…	…
Relatedness (I'm connected to others)	…	…

My weakest need right now: …

One small thing that would strengthen it this week: …

Part 2: Scaffolding prompts

Use these prompts as scaffolding, then integrate your answers into one paragraph (4–8 sentences) that you can revise.

- Why did I choose (or am I choosing) this path?
- What do I want this stretch to feel like on a good day?
- What do I want to avoid (exhaustion? the same frustration as last time?)?
- Who is on my team, even if it's just "me, three months from now"?
- If I could only remember one sentence from this course, what would it be?

Stuck? Try the three SDT questions: (a) What do I want to choose? (b) What skill do I want to improve? (c) Who do I want to be around while I do this? Let your weakest need guide which one you start with.

Notes

- **Cultural note.** Not every "why" is individualistic. Collective motivations (family, community, faith) are fully valid expressions of relatedness. You don't need a "grind-it-out" story, and your statement doesn't have to sound excited to be true.
- **Options.** Written paragraph, a 1-minute voice memo, or a 3-minute audio version where the three SDT questions are read aloud to you and you answer out loud. For the voice route, "revising" means recording a second take after you listen back.

Worked example

Need	Rating (1–5)	One reason for this rating
Autonomy	4	I chose this certificate and I set my own study hours.
Competence	3	I'm learning, but I don't know yet if I can pass the exam.
Relatedness	2	I'm studying alone and haven't talked to anyone about it.

Weakest need: Relatedness.

One small thing that would strengthen it this week: Tell one friend what I'm studying and ask if I can text them when I finish a session.

Sample statement (shortened)

"I'm doing this because I want a steadier job for my family, and because I'm tired of feeling stuck. On a good day this stretch feels calm and a little proud, not frantic. I want to avoid burning out the way I did last time. My team is my sister, who checks in on me, and me three months from now, who will be glad I kept going."