

A video-based discussion

- Describe what you feel or think about while watching a video.
- Is it easy to do what a girl in the video is doing?
- How long has she been in this sport?
- Does anybody need some exceptional skills or outstanding talents to be able to do what she does?
- What does it take to get such results?
- Is motivation a crucial factor to success?
- Is motivation something within us or something from the outside?
- Is motivation the same as an ambition? Dream? Wish? Intention? Plan? Goal? Happiness? Give your definition of motivation.
- Why are *purpose, optimism, self-esteem, courage, energy, persistence, perspective* and *reflection* important for highly motivated people?
- Name extra traits (qualities) of highly motivated people. Explain your choice.
- Do you see yourself as a motivated person? Why /not?