

**TIP: Challenging yourself**

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**Focus**

**Key Reflections on Motivation & Perseverance**

- What are your aims and passions in life?
- Would you say you had a growth or a fixed mindset?
- How do you deal with setbacks?
- What are your strategies to stay motivated?
- How much effort are you prepared to put into something in order to achieve?

**Purpose and recipients**

The main aim of this tip is to:

- To define the main concept of “Motivation and Perseverance”
- To identify Motivation and Perseverance – a growth mindset
- To difference between Internal vs. External motives
- Examples of Perseverance: Challenging yourself
- Setting SMART goals

**Description of the tip**

**Ideas for Proving Competence in Motivation and Perseverance**

- Overseas experience e.g. World Challenge/cultural exchange/volunteer programme
- Volunteer work
- Mentoring younger students
- Charity work/fundraising
- Working towards your dream: choosing universities/apprenticeships/management schemes/setting up a business/
- Enterprise/Business competition
- Taking part in sport/competitions/music/drama

**Best practices or useful examples**

**Youtube links**

**The Four Styles of Self Motivation with Gretchen Rubin**

<https://www.youtube.com/watch?v=A-79Oo6YHuk&t=26s>

**Dan Pink Science of Motivation**

<https://www.youtube.com/watch?v=rrkrvAUbU9Y>



## Online articles

**Houri, S. A Hidden and Forgotten Story about Resilience: Why do some survive better than others? (2018)**

<https://medium.com/swlh/a-hidden-and-forgotten-story-about-resilience-cce0c1158946>

**Scottberg E. 9 Famous People Who Will Inspire You to Never Give Up (2020)**

<https://www.themuse.com/advice/9-famous-people-who-will-inspire-you-to-never-give-up>

