When Motivation Changes

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character feels less motivated than last week.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Match varying willingness with a small next step and an optional support request.

3. What remains possible on a low-motivation day?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.