

# HOW TO TEACH SELF-MOTIVATION TO Children?



Teach your children to be their own source of inspiration through the below methods.

## HELP THEM SEE THE POSITIVE IN NEGATIVE

No	Instead of	Encourage them to say this	Yes
	• I can't do it	• I can try	
	• I'm not good at	• I'm getting better at	
	• I give up	• I gave my best	
	• I'm a failure	• I'll try again	
	• I'm not smart	• I might need some practice	
	• I'm ugly	• I'm perfect the way I am	
	• I'm exhausted	• I need rest	
	• It is too hard	• I can ask for help	
	• I can't...	• I'm learning to...	

## TIPS TO ENCOURAGE SELF-MOTIVATION AMONG CHILDREN



Set smaller goals and help them plan their schedule accordingly.



Let them take control over their daily activities.



Read them self-motivation quotes every day.



Celebrate their achievements, big or small.



Help them see the positive side of failures.



Encourage them to own their mistakes.



Be optimistic and set an example for them.