

Name _____

The Psychology of Motivation: How to Stay Inspired in School

Multiple Choice Answer Key

1. b) An inner drive to take action and achieve goals
2. b) Motivation from within, driven by personal enjoyment or interest
3. b) It can boost your motivation by providing direction
4. c) Use planners or digital tools to keep track of assignments and deadlines
5. b) It can boost motivation and confidence by imagining success

