

Name \_\_\_\_\_

## Shine Bright: Staying Motivated and Focused in Tough Times

### Short Answer Key

1. Staying positive during tough times is important because it helps maintain a hopeful and optimistic outlook, which can lead to better problem-solving, resilience, and overall well-being. It allows you to see challenges as opportunities for growth.
2. Answers may vary. Provide an example of someone who inspires you and explain why they inspire you based on your personal experiences or preferences.
3. Answers may vary. Share a specific situation where you made a mistake, what you learned from it, and how it contributed to your personal growth or development.
4. Celebrating achievements is important for staying motivated because it reinforces your sense of accomplishment and provides positive reinforcement for your efforts. It helps maintain your enthusiasm and drive to pursue your goals.
5. Breaking tasks into smaller steps can be helpful because it makes a big, overwhelming task more manageable. It allows you to focus on one aspect at a time, reducing stress and increasing your chances of success.

