



## ACTIVITY SHEET

# The 10 motivational phrases

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**Target audience: Secondary and post-secondary**  
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Motivation is a key factor in facing everyday challenges.

**Use these quotes from famous thinkers to inspire young people and make them want to learn.**

### ● **Activity sequence**

Arrange students in a circle with the facilitator in the middle. Write one of the quotes on the board.

Ask the following questions: Explain what this statement means to you. How might it relate to motivation?

Think of a time in your life when you might have used this statement. What was the context? What lesson did you learn for yourself?

### ● **Role of the facilitator**

Allow students to express their thoughts as freely as possible, receive those of others and encourage respectful and constructive debate between them.



***“Tell me and I forget, teach me and I remember, participate and I learn.”***  
**(Benjamin Franklin)**

With this phrase, the American politician and inventor emphasizes the importance of education and the work of teachers. He emphasizes that the more motivated students are to participate in the teaching-learning process, the better their acquisition of knowledge will be.



***“What's earned with hard work is more beloved.”*** (Aristotle)

The Greek philosopher explains that motivation and effort are two key elements to achieve any goal you set for yourself. And that, furthermore, when you commit to something that ends up being accomplished, the accomplishment is much more satisfying for that person.



***“Live as if you were to die tomorrow. Learn as if you were to live forever.”***  
**(Mahatma Gandhi)**

With this sentence, the Indian activist wants to convey how important it is to do things with enthusiasm and intensity. For life in general and learning in particular, the key to enjoying what you do and learn is to respond to it with motivation.

*Sentences collected in an article on the Lbe.News website.*





***“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.” (Christian D. Larson)***

The American author and professor of New Thought tries to convey that the best way to face any new challenge is to believe in yourself. Self-knowledge and the development of self-esteem are crucial for this, as they help to form a positive and resilient mentality and attitude.



***“If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place.” (Nora Roberts)***

Fighting for what you want is the guiding principle of the quote by American writer Nora Roberts. To do this, you must have desire and motivation, which are the impetus needed to move forward towards what you want to achieve.



***“Don't judge each day by the harvest you reap but by the seeds that you plant.” (Robert Louis Stevenson)***

Perseverance and effort are the core values of this quote from the British writer and poet Stevenson. It shows that work and daily motivation are the best seeds for achieving long-term goals.



***“There is a driving force more powerful than steam, electricity and nuclear power: the will.” (Albert Einstein)***

With this phrase, Albert Einstein, the most important scientist of the 20th century, tells us about the importance of willpower. For him, this quality is stronger than anything else, because it is the human engine to achieve what is desired.



***“You always can, when you want to.” (José Luis Sampedro)***

Created by the writer and humanist José Luis Sampedro, this version of the popular adage where there's a will there's a way also shows that the will and the desire to do something are the key to achieving the goal.



***“There are only two days in the year that nothing can be done. One is called Yesterday and the other is called Tomorrow. Today is the right day to Love, Believe, Do and mostly Live.” (Dalai Lama)***

The spiritual leader of Tibet advocates living in the present and using daily life to do the things you want. He is trying to make us understand that the past and the future cannot be controlled and therefore should not be given so much importance.



***“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” (Thomas A. Edison)***

The inventor of the light bulb tries to try things as many times as necessary until he succeeds, without fear of failure or regret for not having succeeded. For him, giving up without trying again is the greatest human weakness.