



Bloom Where you are Planted-

Tips for staying motivated during difficult times

Motivating Ourselves	Motivating Others
<ul style="list-style-type: none"> → Try new things → Set realistic goals → Be optimistic → Track progress → Take responsibility 	<ul style="list-style-type: none"> → Vision and mission statements → Opt-in wording → Vision boards → Certificates and digital badges → Use OARS

“The Goldilocks Rule states that humans experience peak motivation when working on tasks that are right on the edge of their current abilities. Not too hard. Not too easy. Just right.”

James Clear

Apps for Teachers	Apps for Students
<ul style="list-style-type: none"> Lifetick Wakelet Evernote Think Up 	<ul style="list-style-type: none"> Toodledo Epic Win or Habitica Wakelet I am