



Personal Development Requirements

Written Exam – Motivation (cont)

12. What is an example of outer motivation?

13. What is using your imagination to achieve your goals called?

14. How can you use visualization to motivate yourself?

15. What does “positively pre-framing your goals” mean?

16. What are the two emotions or feelings that influence motivation?

17. What is failure avoidance?

18. Which emotion do we use for positive pre-framing?