

# What Motivates A Child?

1. What is motivation? \_\_\_\_\_

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2. How successful are you at getting your children to behave the way you would like them to? \_\_\_\_\_

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3. What problems exist if a parent is unable to get his/her children to respond to them? \_\_\_\_\_

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4. What have you already tried that didn't work? \_\_\_\_\_

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5. What have you tried that did work? \_\_\_\_\_

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6. What are some ways you think you might be able to motivate each of the four colors?

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7. Below, list some things you believe your children would respond favorably to.

I believe my child is a  (Real Colors® color)

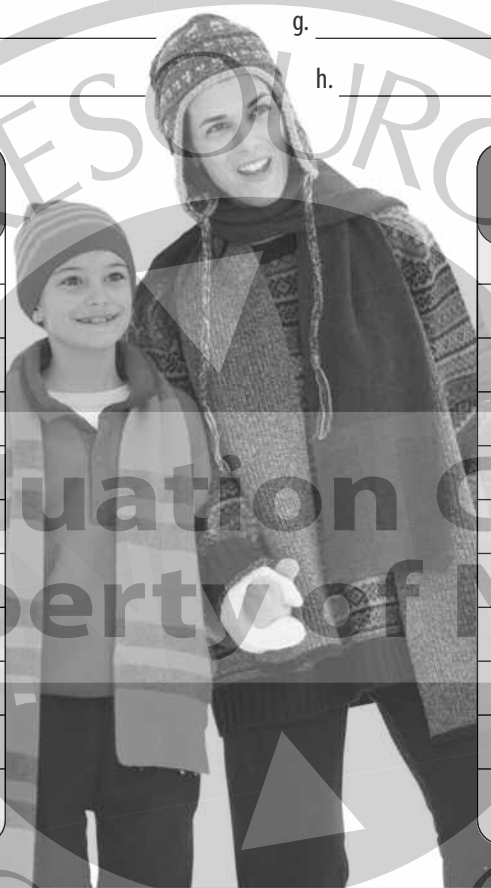
- a. \_\_\_\_\_ e. \_\_\_\_\_
- b. \_\_\_\_\_ f. \_\_\_\_\_
- c. \_\_\_\_\_ g. \_\_\_\_\_
- d. \_\_\_\_\_ h. \_\_\_\_\_

8. Pick a behavior you want your child to do.  
What do you believe would motivate him/her to do it?

Behavior	Motivator

9. Pick a behavior you want your child to stop.  
What do you believe would motivate him/her to stop doing it?

Behavior	Motivator



10. What will you do to motivate your child differently in the future?

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