



Form Time Motivation Reflection

School Resource · 10-minute activity

This is a 10-minute form time activity — designed to be used alongside the Form Time Motivation Slides. Pupils fill this in individually, quietly. There is no sharing required unless the pupil chooses to.

Name:

Form group:

Date:

Part 1 · Quick Check-In (2 minutes)

Circle your number — be honest, not optimistic:

My motivation this week: 1 2 3 4 5 6 7 8 9 10

My focus this week: 1 2 3 4 5 6 7 8 9 10

How in control of my own learning I feel: 1 2 3 4 5 6 7 8 9 10

Higher than last week

About the same

Lower than last week

Part 2 · One Honest Thought (3 minutes)

The thing that's making it hardest for me to focus or care about school right now is...

One thing that happened this week that I actually found interesting or satisfying was...

Part 3 · My Version of the Pen (3 minutes)

Think about the story of the boy who picked up a university pen and kept it on his desk every lesson. It reminded him where he was going — and it changed everything.

My 'pen' — the thing that reminds me of where I'm going or what I'm working towards — is...

If I don't have one yet, the kind of future I could imagine myself working towards might be...

Part 4 · My One Thing (2 minutes)

The one small thing I will do differently this week is...

I will check back on this:	Next form time / End of week / Next Monday
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You don't have to feel motivated to start. You just have to start. Motivation almost always follows.