

Thrive 365

Dragonfly: Impact Education



Did you know?

In his book 'Think Like a Monk', Jay Shetty describes four underlying motivations for behaviour: fear, desire, duty, and love. Whilst we could write a book on the competing theories about what motivates human beings, giving children and young people space and guidance to **identify what is motivating them** is undoubtedly important. It can help them to make more **conscious choices** about their actions, foster **healthy habits** and develop that **sense of purpose** which is so important to mental health and wellbeing.

① Giving & gratitude

It's interesting how many different sources lead back to the idea of true contentment being linked to gratitude and acts of service. As with the '5 Ways to Wellbeing' adopted by the NHS and Mind, Shetty cites duty and love as motivators that are sustainable for lasting satisfaction. Encourage children to make a list of 3 things they can do to 'give to others' during the day, for example, holding the door open for someone, saying something kind, paying a compliment, or smiling at someone.

② Regular reflection

Ask children to think of 1 thing they've done during the day/week. They should then use three boxes to draw/outline what happened before the event, during it and afterwards. They can then be guided to reflect with questions like: *Are you happy with your action? Why/why not? Are you happy with the outcome or consequences of the action? Why/why not? Is it the kind of action that will bring you happiness if you repeat it in the future? What would you do the same? Why? What would you do differently? Why?* This helps them to check whether their actions match their motivations/the things that make them happy.

③ Build on strengths

Areas of strength are often interconnected with values and motivation. Identify with a child/young person an area they're really good at. Agree together one thing they can do to challenge themselves to build on and develop that strength.

Sometimes it can be hard for a child to identify their own strengths, so have tangible evidence or an example of something you've seen them do that demonstrates a particular strength.

Our training: www.dragonflyimpact.com/link-tree

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Shetty, J. (2020) Think Like a Monk: The Secret of How to Harness the Power of Positivity and Be Happy Now New York: HarperCollins