



Motivation at work

What does motivation look and sound like to an employer?

A coworker?

How would they know if someone wasn't motivated?

Use the table below to share examples of motivated and unmotivated behaviour in the workplace. What do people say or do to show their motivation at work?

	Motivated	Unmotivated
Looks like this		
Sounds like this		

Everyone has creativity blockers in their life. Here are some common creativity blockers. Do any of them stop you from thinking creatively? Put a check mark in the box that sounds like you.

Creativity blocker	This stops me from being creative	This isn't a problem for me	Not sure
Stress: When we're stressed, our brains focus more on the stressful situation instead of creative thinking	☐	☐	☐
Distraction: Life has lots of distractions that pull our attention away from being creative	☐	☐	☐
Being too critical: Sometimes we think, "Oh, my idea won't work" even before we've tried the idea	☐	☐	☐
Lack of confidence: We might be afraid to use creative ideas in case other people won't like them	☐	☐	☐



Let's think about it

Look at the list of creativity blockers again.

- Which blocker stops you from being creative the most?
- Pick one creativity blocker in your life. Can you think of ways you can deal with that blocker the next time it makes creative thinking hard?

If you're worried that you aren't creative or you have too many creativity blockers, that's ok. There are ways to build your creativity and innovation skills.



Paper clip challenge

Here's a quick, simple game that uses your creativity.

Activity In two minutes, list as many possible uses for a paper clip as you can. Use your imagination. Don't worry if your ideas might be silly or hard to do. Just write down any idea that comes into your head.





Let's talk about it

Discuss your thoughts with a partner or a group.

- How did you feel while you did this challenge? Why?
- What's the silliest or strangest idea you came up with?
- Did the time limit help you think of ideas? Or did it make thinking feel more difficult?
- Research shows that young kids usually do better at this game than adults. Why do you think that happens? What does it tell you about creative thinking?



Meet Mansoor

Mansoor works at a bakery. One day, his boss says, “Next Saturday, we’re going to have a giveaway. The first 200 customers who come in will each get a free donut and coffee. Mansoor, I need you to design a poster to advertise our giveaway.”

Mansoor doesn’t think he’s very artistic, and he doesn’t know anything about advertising. But now he needs to come up with some ideas to make an attention-grabbing poster for the giveaway.

First, Mansoor talks to his co-workers. They give him some good ideas to start with:



- “Use bright colours to catch people’s attention.”
- “Make sure you include the word ‘free’.”
- “Put a picture on the poster. Don’t just use words.”

Next, Mansoor writes a list of words and pictures he could put on the poster:



- Picture of a donut
- “Do you love donuts and coffee?”
- Picture of a cup of coffee
- “Saturday: Free donuts and coffee!”
- “FREE” in big letters

Mansoor thinks he has some good ideas, but he’s not sure which ones he likes best. He decides to pick some ideas from his list and make a quick drawing of what the poster might look like.

In the box below, draw a poster for Mansoor's giveaway. You can use Mansoor's ideas or come up with some of your own.



Let's talk about it

Some people find it easier to come up with ideas by writing them down. Other people think it's easier to draw their ideas, say them out loud, or quietly think about ideas.

- Why do you think Mansoor tried lots of different ways to come up with ideas?
- What's your favourite way to come up with ideas? If you're having trouble coming up with ideas in your favourite way, what else could you try?



Getting past creativity blockers

Remember, everyone has different creativity blockers in their life. Some of the tips in this workbook might not work for you. But some of them might help you get past your blockers.



Focus strategies:

It's hard to be creative when you can't focus. How can you come up with new ideas when your brain is thinking about your stressful work day, shopping list, or sick dog?

These strategies can help you calm your mind and focus. Put a check mark next to any tricks you've tried before.



Play music. Music can help you concentrate. If noises or voices are distracting you, music can drown them out. Music can also keep your brain engaged, so you won't feel bored while you're thinking. Try listening to a few different styles of music to find one that works for you.



Take a short break. When creative thinking feels too hard, sometimes your brain just needs a break. Spend 5-10 minutes doing gentle exercise, playing with your pet, or doing something else that helps you relax. A break can help you clear your mind so you can concentrate.



Put away your phone. It's easy to feel like we need to be connected all the time. But your phone might be distracting you. Try turning off your ringer and leaving your phone in another room for 30 to 60 minutes. Hiding that distraction can help you focus better.