

Motivation

Current as of
17 July 2019

Lesson Plan

Objective: While participating in a guided discussion, each airman will discuss the importance of intrinsic motivation and understanding their “Why.”

Assesment Questions: Do you feel that identifying your “Why” helped increase your motivation to be an Airman? (Scale) Why are you motivated to wear the uniform right now?

Foundational Competences: Communication, Perseverance, Service Mindset, Results Focused, Flexibility, Change Management, Self-Control, Leadership, Initiative, Information Seeking, Influence, Fosters Innovation and Resilience.

Instructional Aids: Video Clip, Sentenial’s Creed, 3x5 Notecards, Photo of Tomb of the Unknown Soldier Sentinel

REFERENCES: AFH-1 & AF DOCTRINE Vol 2,

Lesson Outline

MP 1. Introduction a. Attention Step b. Overview	7 Minutes
MP 2. Motivation – Guided Discussion a. Difference between Intrinsic & Extrinsic Motivation b. Personal Experiences around being Motivated	10 Minutes
MP 3. Sentinel – Facilitated Discussion a. Tomb of Unknown Soldier Sentinel Facts b. Sentinel & Airman Creed Comparison c. Why Motivated Today?	25 Minutes
MP 4. Conclusion / Closing Activity a. “Why” Card b. Summary	8 Minutes

Set-Up Required:

Be ready to show picture for MP3 (On screen or printed copy)

Attention:

LOQ: Why are you an Airman? What is your “Why,” purpose, or reason for serving?

Facilitator Note: Allow a couple of Airmen to answer and then encourage participants to keep thinking about it throughout this lesson.

Facilitator Action: Show *No Excuses* YouTube Video (3:20)

<https://www.bing.com/videos/search?q=no+excuses+you+tube&view=detail&mid=E03B1C6F7F7B982E2626E03B1C6F7F7B982E2626&FORM=VIRE>

Overview: Today we are going to talk about motivation and how important it is to being an Airman.

MP2: Motivation – Guided Discussion

LOQ: What stands out to you in the video regarding motivation?

What do you recall from BMT on the differences between intrinsic and extrinsic motivation?

Facilitator Note: Intrinsic motivation is something that comes from within, while extrinsic motivation comes from the outside. Intrinsically motivated individuals tend to engage in activities because of their enjoyment and get some kind of personal satisfaction from it. On the other hand, when extrinsically motivated, an individual is only participating in an activity to gain some kind of external reward or avoid a punishment for their participation. Extrinsic = Carrot or Stick.

FUQ: What are you internally motivated to do?

What drives this motivation?

Are there any areas in your life where you struggle to find motivation?

Are there any areas where you are only motivated by external reward or avoiding punishment?

Does your attitude effect your motivation or does your motivation have an effect on your attitude?

Why is it important to have a positive attitude?

Facilitator Note: Share your personal example of struggle with motivation, i.e. getting up early to get a workout in. Be prepared to tie this to extrinsic & intrinsic motivation.

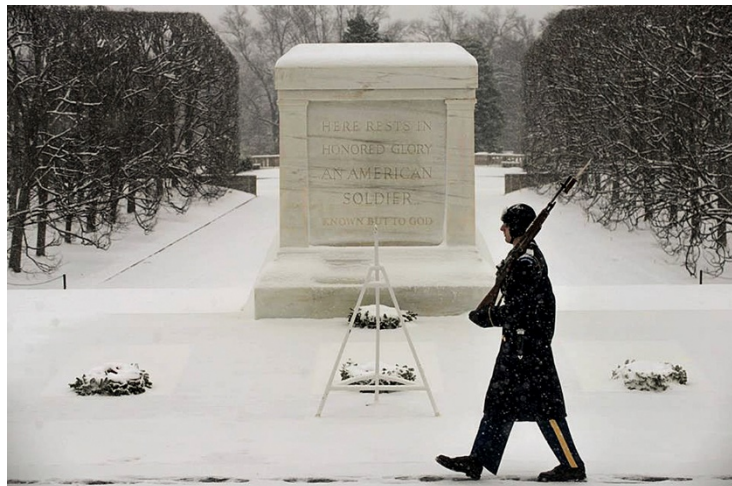
MP3: Sentinel Guided Discussion

Facilitator Action: Show image of Tomb of Unknown Solider Sentinel

Image found at:

<https://www.bing.com/images/search?view=detailV2&id=2361A58F9403B942E93AFFD9D4E6>

[2B5964446911&thid=OIP.7srcCup35rmZBCa6COkzfgHaE8&mediaurl=http%3A%2F%2Fwww.vetlawyers.com%2Fwp-content%2Fuploads%2F2015%2F01%2F1.15.2015.jpg&exph=800&expw=1200&q=tomb+of+unknown+soldier+sentinel&selectedindex=30&ajaxhist=0&vt=0&eim=1,2,6](http://www.vetlawyers.com/content/uploads/2015/01/1.15.2015.jpg&exph=800&expw=1200&q=tomb+of+unknown+soldier+sentinel&selectedindex=30&ajaxhist=0&vt=0&eim=1,2,6)



LOQ: Is anyone familiar with this image? What is this an image of? Where is this?

Anyone seen the changing of the guard in-person?

Can you tell us a little about your experience and/or knowledge about it?

Facilitator Action: State facts about the Tomb of the Unknown Soldier Guards

The Tomb of the Unknown Soldier Guards in Arlington National Cemetery are members of the 3rd United States Infantry Regiment, nicknamed "The Old Guard". The sentinels are assigned to guard the monument to ensure the respect and security of one of America's most sacred symbols. The guards adhere to a solemn and precise ritual called the changing of the guard ceremony. The guards perform their duties 24 hours a day, 365 days a year.

The guard takes 21 steps and then pauses for 21 seconds after his about face to begin his return walk. The significance of '21' reflects the twenty-one gun salute, the highest honor given any military or foreign dignitary.

To these special guards, the continuity of this post is the key to the honor and respect shown to the honored dead and their duties remain uninterrupted during all weathers. During heat waves, blizzards, hurricanes, rain, sleet, snow and hail they continue their guard.

Hurricane Isabel was the deadliest, costliest, and strongest hurricane in the 2003 Atlantic hurricane season, but the sentinels continued with their sentry duties during that difficult night.

Their dedication to their sacred duty and their eternal vigilance is reflected in the 'Sentinel's Creed'.

Facilitator Action: Ask an Airman to read The Sentinel's Creed out loud for the group

The Sentinel's Creed

*My dedication to this sacred duty
is total and whole-hearted.
In the responsibility bestowed on me
never will I falter.
And with dignity and perseverance
my standard will remain perfection.
Through the years of diligence and praise
and the discomfort of the elements,
I will walk my tour in humble reverence
to the best of my ability.
It is he who commands the respect I protect,
his bravery that made us so proud.
Surrounded by well meaning crowds by day,
alone in the thoughtful peace of night,
this soldier will in honored glory rest
under my eternal vigilance.
– Simon 1971*

LOQ: Are there any similarities between the Sentinel's Creed and the Airman's Creed?

What motivation is the sentinel drawing from to continue to guard the tomb during a hurricane?

Do you think there will be days in the future where you will struggle to recall your "Why" and stay motivated as an Airman?

Do you still feel the same motivation you did when you received your Airman's Coin?

What will you do to ignite your motivation?

Why are you motivated to wear the uniform today?

MP4: Conclusion / Closing Activity

Closing Activity: "Why" Cards

Facilitator Action: Pass out notecards to participants.

State: Take a notecard and write your "Why" on it and where you would like to see yourself 4 years from now.

Facilitator Note: Encourage Airmen to keep the notecard somewhere where they can see it regularly.

State: The definition of Airmanship is An Airman's relentless mindset bound by our Air Force Core Values, forged through a culture of pride and professionalism, inspired by our innovative heritage, and exemplified through actions in defense of our nation.

LOQ: How do you feel that motivation ties into what it is to be an Airman?

SUMMARY: Today we used discussed our "Why," compared the Sentinel's Creed with the Airman's Creed, and the importance of being motivated.