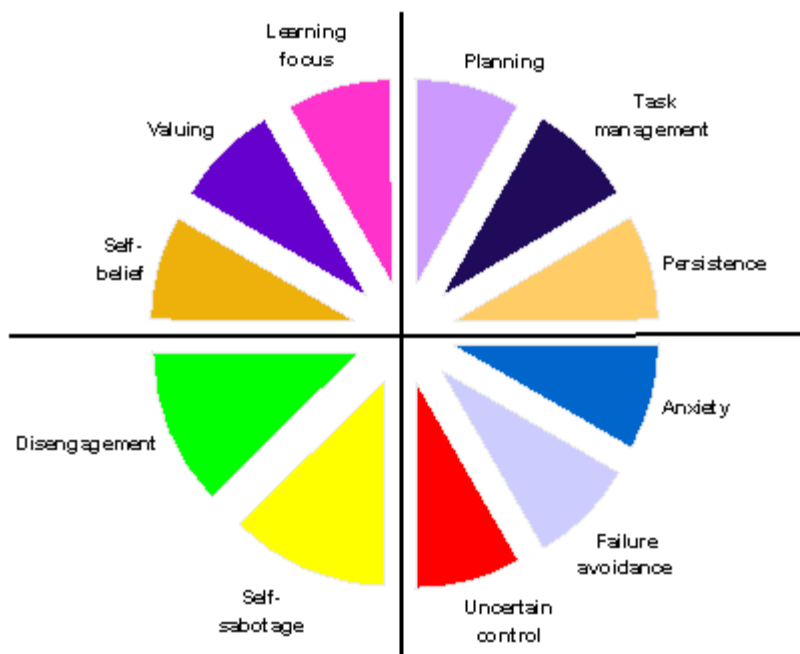


## MOTIVATION AND ENGAGEMENT WHEEL



The Motivation and Engagement Wheel is the basis of:

The Motivation and Engagement Scale, [here](#)

and

The Motivation and Engagement Workbook, [here](#)

### THE WHEEL COMPRISES:

#### Positive Thoughts/Cognitions:

Self-belief, Valuing, Learning Focus

**Positive Behaviors:** Planning, Task Management, Persistence

#### Negative Thoughts/Cognitions:

Anxiety, Failure Avoidance, Uncertain Control

**Negative Behaviors:** Self-sabotage, Disengagement

The Motivation and Engagement Wheel, reproduced with permission from:

Martin, A.J. (2003). *How to Motivate Your Child For School and Beyond*. Sydney: Bantam

Martin, A.J. (2005). *How to Help Your Child Fly Through Life: The 20 Big Issues*. Sydney Bantam

Martin, A.J. (2010). *Building Classroom Success: Eliminating Academic Fear and Failure*. London: Continuum

Information about these books, [here](#)



**Motivation | Engagement | Achievement | Performance**

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