



MOTIVATION SENTENCE



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PROGRAM STUDI
**BIMBINGAN DAN
KONSELING**

FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN
UNIVERSITAS AHMAD DAHLAN





USER GUIDE

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MOTIVATION

Motivation is an inner drive that directs and maintains a person's behaviour to achieve a specific goal. Motivation can be intrinsic or extrinsic. Motivation is a significant factor in determining how hard someone will work to achieve their goals and how persistent they will be in the face of expectations.



- Intrinsic motivation is motivation that comes from within a person. A person does something because the activity gives satisfaction or pleasure, not merely for the reward or praise of others.
- Extrinsic Motivation: Motivation that comes from outside the individual. Actions are taken to get rewards or avoid punishment from the external environment.

Guidance and Counseling (BK) is a service that aims to help individuals deal with the various problems in their personal lives, academics, and socialization. In BK, motivation is everything because without motivation, a person may not have the drive to change or learn or solve their problems.



MOTIVATION SENTENCE 1

“Start caring about your future. Consult your problems with us with guidance and counselling.”

“Start Caring about the Future” This sentence invites individuals to start paying attention and taking responsibility for their future. This implies that the future is something essential and must be planned well. The aim is to raise awareness that every decision and action taken now will impact the future. Thus, attention and concern must be paid to what is to come.



“Consult your problems with us” is an invitation not to face problems alone. It invites individuals to talk and seek help from guidance and counselling services. The goal is to encourage individuals to open up and share their problems with professionals ready to help. This shows that seeking help is a positive and essential step in overcoming various issues.



“Guidance and Counseling” shows that particular services are provided to help individuals with their problems, whether personal, academic, social, or mental health problems.

MOTIVATION SENTENCE 2

Teaching that every incredible journey begins with small, consistent steps.

In the context of coming to the Guidance and Counseling (BK) room, this means that even though the act of coming to the BK room may seem minor or trivial, it is an essential first step towards achieving a larger goal. Consultation with a counsellor can help identify problems, formulate plans, and provide the support needed to achieve significant personal and academic growth.



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MOTIVATION SENTENCE 3

"Achievement is not a coincidence, and dreams will never come true without hard work."

It contains a powerful message about the importance of effort in achieving life goals. Achievement or success does not come suddenly or is only because of luck. To reach achievement, persistent effort, careful planning, and consistency are needed to carry out various activities supporting the achievement. Achievement is the result of a long process that involves dedication and perseverance.



In addition, this sentence also emphasizes that dreams will never come true without hard work. Everyone may have dreams or ideals they want to achieve, but without real action and maximum effort, these dreams will only remain mere.

Hard work is an essential element that turns dreams into reality. Through hard work, people learn, develop, and continue to improve themselves to face challenges that arise on the way to their dreams.



MOTIVATION SENTENCE 4

"Before you speak, you have to think; "

T: is it TRUE

H: is it HELPFUL

I: is it INSPIRING

N: is it NECESSARY

K: is it KIND

Teaches the importance of considering words before they are spoken. Every word has an impact, either positive or negative, on others and the environment. Therefore, before speaking, we must ensure that what we say is accurate and valuable.



First, considering whether our words are actual (TRUE) is crucial to ensure we do not spread false or misleading information. Speaking the truth helps maintain trust and integrity in our relationships with others. Next, checking whether our words are valid (HELPFUL) helps ensure that we provide value or help to our listeners. Helpful communication creates better relationships and supports a positive environment.

MOTIVATION SENTENCE 5

"Try to be yourself mimics other people make ourselves uncomfortable"

Teaches the importance of authenticity and personal integrity. Being yourself means appreciating and accepting who we are, with all our strengths and weaknesses. When we try to imitate others, we lose our identity and feel inauthentic. This can lead to discomfort and dissatisfaction because we are not living according to our valid values and personality.

In addition, imitating others can also limit our potential. Everyone has unique talents, abilities, and perspectives that can make valuable contributions to the world. Being ourselves allows us to express our uniqueness more freely and achieve greater satisfaction and happiness.



Being authentic also allows us to build more genuine and meaningful relationships with others because they appreciate us for who we are, not a copycat version of someone else.

MOTIVATION SENTENCE 6



"Please" and "Thank you" are two phrases that convey respect and appreciation. Saying "please" when asking for help shows humility and respect for others. Meanwhile, "thank you" is an expression of gratitude that acknowledges the help or kindness given by others. These phrases are simple yet powerful in creating mutual respect and appreciation relationships and building a positive and empathetic environment.

"Sorry, please, and thank you."

Underscore the importance of three simple phrases that can strengthen relationships between people. "Sorry" is an expression of regret that shows that we admit a mistake and are trying to make amends. Saying "sorry" sincerely can reduce tension and conflict and open the way for reconciliation and better understanding. It shows a sense of responsibility and the courage to face mistakes.



MOTIVATION SENTENCE 7

"People who stop learning will become the owners of the past, but people who continue to learn will become the owners of the future."

Underlining the importance of continuous learning in facing changes and challenges in life. Those who stop learning tend to be stuck in old ways and outdated knowledge, which may no longer be relevant or practical in an ever-evolving world. In other words, they become "owners of the past" because they only rely on what they already know without trying to update or expand their horizons.



In contrast, people who continue to learn, adapt, and update their knowledge can anticipate and cope with changes that come. They are referred to as "owners of the future" because they prepare themselves for upcoming challenges and opportunities, positioning themselves for success in the future. Continuous learning allows them to remain relevant, innovative, and ready to face a dynamic world.



MOTIVATION SENTENCE 8

Let's come to BK! Let's discuss it in BK!"

Invite students not to hesitate to come to Guidance and Counseling (BK) to discuss their life problems. BK is a safe and supportive place where students can share their feelings, thoughts, and difficulties without fear of judgment. By examining issues in BK, students can receive professional help to find solutions and get the proper guidance.



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