



## 1) DESCRIPTION OF THE TOOL

Motivational Game: "Motivation Partner" Provides a sense of responsibility and additional motivation, because you will not want to disappoint your partner by not completing tasks. Your partner will be your additional motivator who will sense when tasks are being performed inefficiently.

## 2) OBJECTIVES OF THE TOOL

Objective: Provides a sense of responsibility and additional motivation, because you will not want to disappoint your partner.

## 3) CONNECTION OF THE TOOL WITH THE SKILL

The tool will be a support tool in creating, developing and strengthening motivation. Other times, an additional means of gaining a different perspective. There tend to be people who have difficulty staying motivated all the time and keeping active motivation continuously. Such support persons who will be added can give an additional push, support and motivation in performing tasks.

## 4) RESOURCE MATERIALS

People or you.  
Phone you use every day.

## 5) HOW TO APPLY THE TOOL

How to play: Engage in a joint activity with a friend or colleague. Set common goals and support each other in achieving them. For example, you can send each other a message every day about how you did with your goals.

## 6) WHAT TO LEARN

Placing the target bingo in a visible place will provide additional motivation to complete the tasks in a timely manner. Seeing your progress and feeling motivated to keep going because you can see how much has already been done.



Co-funded by  
the European Union