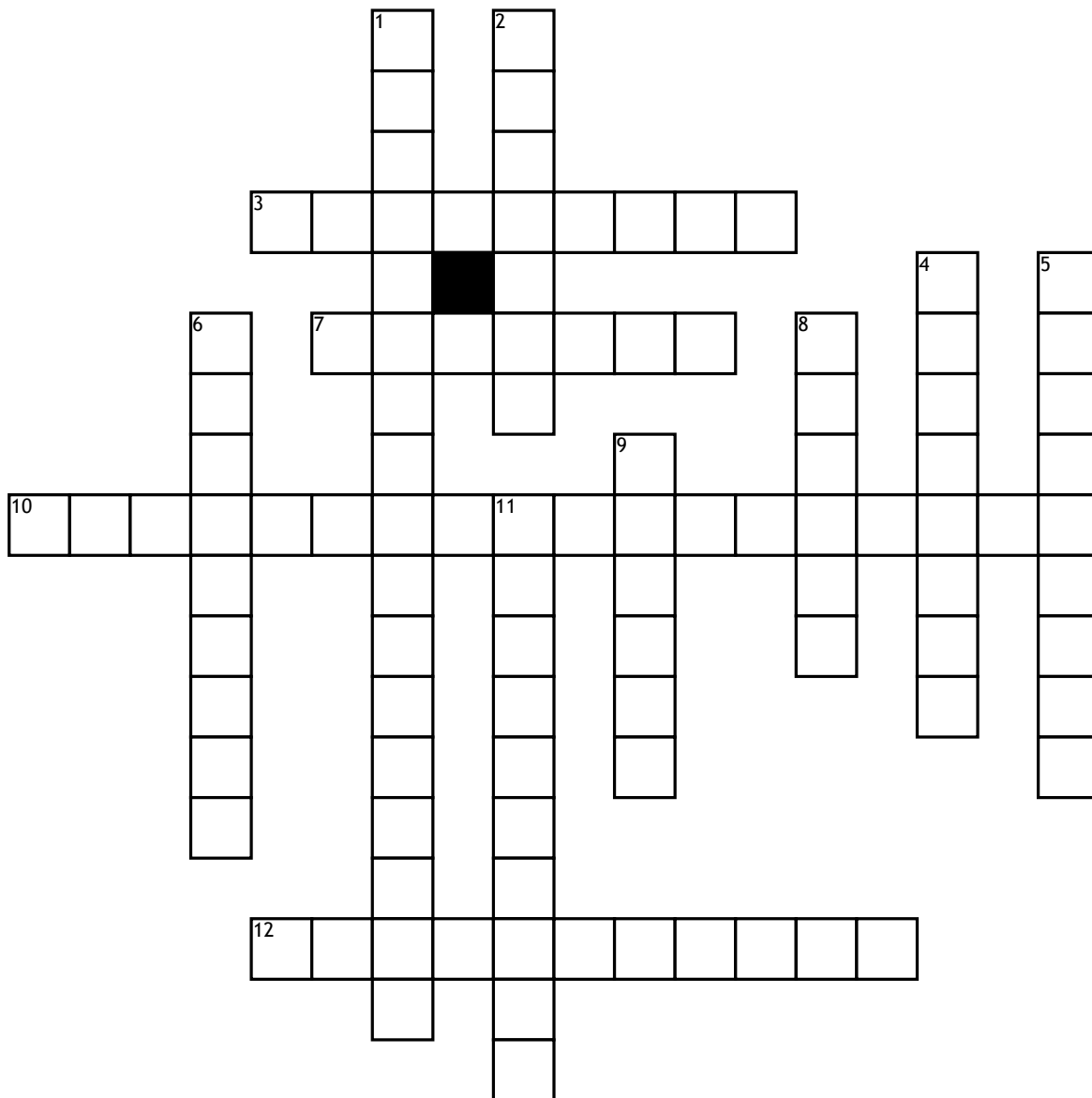


Name: _____ Date: _____

Staying motivated while working from home



Across

- 3. A type of motivation based on receiving a concrete reward
- 7. Greatest challenge working from home
- 10. Why is mindfulness important
- 12. Is working for a longer time despite failures.

Down

- 1. What is mindfulness
- 2. General uneasiness, feeling of tension, or feeling of self-doubt.
- 4. Unlearned, fixed pattern of behavior
- 5. An object or event that encourages or discourages behavior.

- 6. Type of motivation that involves ones own enjoyment rather than a reward
- 8. An attractive object or event supplied because of a behavior.
- 9. One factor that has an influence on motivation
- 11. The reason or reasons one has for acting or behaving in a particular way.