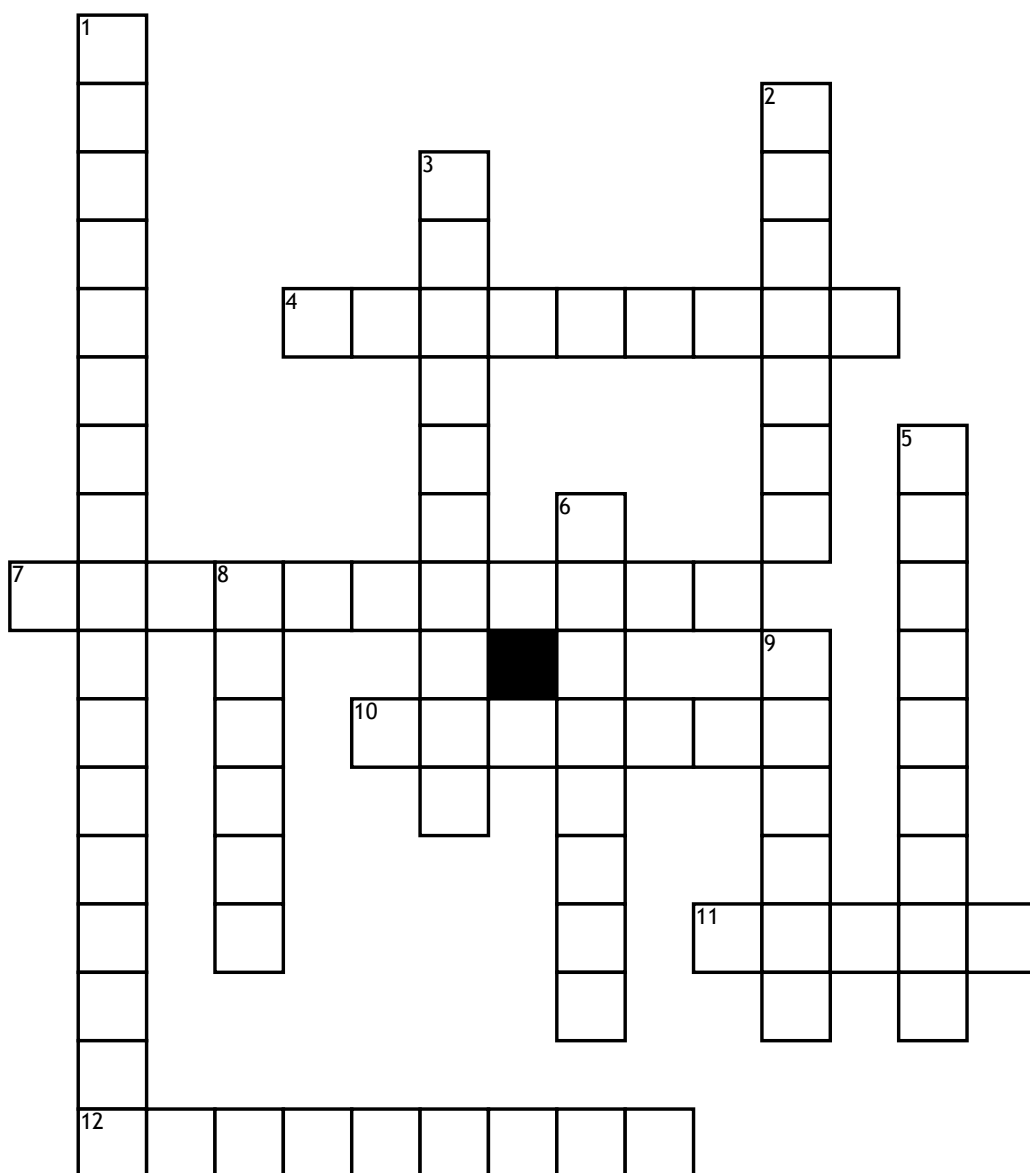


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Staying motivated while working from home



## Across

4. Type of motivation that involves one's own enjoyment rather than a reward

7. Working for a longer time despite failures

10. Greatest challenge working from home

11. Physiological state that motivates an organism to meet a need

12. A type of motivation based on receiving a concrete reward

## Down

1. What is Mindfulness? (4 words)

2. General uneasiness, feeling of tension, or feeling of self-doubt

3. The reason or reasons one has for acting or behaving in a particular way

5. An object or event that encourages or discourages behaviour

6. Unlearned, fixed pattern of behaviour

8. One of the factors that has an influence on motivation

9. An attractive object or event supplied because of a behaviour