

Intrinsic Motivation Lunch Notes

We have created these encouraging notes for you to print and place in your child's lunch box! Feel free to use the blank template page to create your own or add some personalization to existing messages!



THE UMBRELLA PROJECT

“The only way to do great work is to do what you love.”

Steve Jobs



THE UMBRELLA PROJECT

Whether you think you can or think you can't, you're right.



THE UMBRELLA PROJECT

“Start where you are, use what you have, do what you can.”

Arthur Ashe



THE UMBRELLA PROJECT

By doing what you love, you inspire and awaken the hearts of others.



THE UMBRELLA PROJECT

You didn't come this far to only come this far.



THE UMBRELLA PROJECT

Don't ruin a good today by thinking about a bad yesterday... let it go.

THE UMBRELLA PROJECT

Do things for others because you want to.

THE UMBRELLA PROJECT

Tough times never last... tough people do.

THE UMBRELLA PROJECT

Problems can't be solved by the same level of thinking that created them.

THE UMBRELLA PROJECT

The struggle you're in today is developing the strength you need for tomorrow.

THE UMBRELLA PROJECT

"Strive not to be a success but rather to be of value."

Albert Einstein

THE UMBRELLA PROJECT

If you are always trying to be normal, you will never know how AMAZING you can be.

THE UMBRELLA PROJECT

Your life is only as good as your mindset.

THE UMBRELLA PROJECT

"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence."

Confucius



THE UMBRELLA PROJECT

"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you."

Steve Jobs



THE UMBRELLA PROJECT

What you're looking for is not out there... it is in you.



THE UMBRELLA PROJECT

You are confined only by the walls you build yourself.



THE UMBRELLA PROJECT

"Things work out best for those who make the best of how things work out."

John Wooden



THE UMBRELLA PROJECT

By doing what you love, you inspire and awaken the hearts of others.



THE UMBRELLA PROJECT

"Don't be afraid to give up the good and go for great."

Steve Prefontaine



THE UMBRELLA PROJECT



THE UMBRELLA PROJECT

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 

THE UMBRELLA PROJECT 