

# Motivate

a personal challenge to...



...'Look wide, and even when you think you are looking wide - look wider still'  
Such perfect advice from Lord Robert Baden-Powell

# Motivate

2024 marks the start of an exciting new year full of possibilities. To support this, we have created a personal challenge: **Motivate**.

This initiative was produced, through collaborative working, by the international, PR, and programme and development advisers from the 9 countries and regions across the UK.

**Motivate** is far more than a badge. It is commitment to a common cause. It is friendship and fun while challenging yourself to step outside your comfort zone, pushing boundaries wide, wider or widest to truly see what you are capable of achieving as the exceptional human being you are. A member with limited movement or disability of any kind can adapt any of the suggestions to suit their individual capabilities or design their own.

Why not invite community leaders to a Trefoil meeting, to tell us about their work and opportunities for engagement?

**Motivate** encourages you to partner with another member for mutual help, support and encouragement, to set realistic goals, and, through friendship and the 4 key Trefoil messages, help motivate each other.

**Complete your challenge by incorporating our Trefoil key messages:** find friendship, get involved, get active, and give support.

A list of suggested activities is available for each of the 3 Motivate areas: air, land and water.

Choose 2 activities from each of the 3 Motivate areas which reflect our Trefoil key messages.

There is no time limit on you achieving your goals.

### Activity suggestions for Air



- Support a local charity such as The Air Ambulance: [airambulancesuk.org](http://airambulancesuk.org)
- Try a zipwire experience
- Star gazing – wonder at the stars in the sky. Can you see any constellations?
- Take a flight in a hot air balloon, the London Eye or any city sightseeing wheel
- Visit a bird sanctuary or record birds that visit your garden
- Take a trip to the top of an observation tower eg Blackpool, Brighton or even Paris
- Sample a new food or cook a dish using poultry or game birds
- Plan a virtual trip by air
- Take part in the RSPB bird watch
- Make and fly a kite
- Visit an air museum, watch an air show or learn more about the history of flight
- Or create your own challenge



### Activity suggestions for Land



- Support a local charity such as The Wildlife Trusts: [wildlifetrusts.org](http://wildlifetrusts.org)
- Visit somewhere you've always wanted to go to
- Try a form of wheeled transport you've not been on before
- Try to complete Couch to 5k
- Take part in a parkrun, peace walk or fun run
- Go on a bus pass or travel card adventure
- Sample a new food or cook a dish using plant-based ingredients
- Plan a virtual trip on land
- Do a litter pick
- Go car free, walk to work or friend's house
- Set up a walking group or participate in one
- Or create your own challenge



### Activity suggestions for Water



- Support a local charity such as The Rivers Trust: [theriverstrust.org](http://theriverstrust.org)
- Take a trip on water
- Increase your swimming distances
- Visit a lifeboat station or maritime museum
- Go scuba diving or snorkelling
- Support refugees. Is there a local charity collecting items near you?
- Go pond dipping
- Sample a new food or cook a dish using something from the sea or fresh water
- Plan a virtual trip on water
- Try a foot spa
- Go open water swimming
- Or create your own challenge



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As you undertake this journey, as an individual or with others, try to record your achievements. Use media, photos or videos, keeping a diary or even sending postcards to yourselves. We have created a handy record sheet that you can use too.

The options are limitless as are the challenges that each of us may choose to undertake. To reach your goals and achieve **Motivate**, explore the list of ideas for your personal challenge.

- To summarise:
- Make a note of your personal goals
- Share progress with your Motivate buddy
- Keep a record of your achievements
- Share your challenge with us to be included on the Motivate page of the [Trefoil website](#)
- Use #MotivateTrefoil to share on social media and don't forget to [join our Facebook group](#)



**Share the Trefoil message through our personal challenge  
and share your badge with pride.**