My personal definition of “success” is: _______________________

Core Motivators
Rank the motivators from 1-10 with 1 being the most like you…

____ I like things to be perfect. (B)
____ I love being useful and giving to others. (S)
____ I want to be the best at what I do. (C)
____ I love feeling my emotions. (S)
____ I love being the expert. (H)
____ I tend to think up worst-case scenarios. (C)
____ I want to have the best. (B)
____ I love a good challenge. (H)
____ I like it best when everything is peaceful. (S)

<table>
<thead>
<tr>
<th>B= Behavioral</th>
<th>C= Cognitive</th>
<th>H= Humanistic</th>
<th>S= Social</th>
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</table>

What Really Drives You
Why is college important to you? What do you hope to gain from obtaining a college degree? Does doing well in these classes tie in with your goal? If so, can you find a reason to do the work that is required?

What are ways that you reward yourself to keep motivated? (good grades, pleasing others)

__________________________________________________________________________

How do you stay positive with your academics? (no negative thoughts, courage)

__________________________________________________________________________

What motivates you when you think about the future? (graduation, achieving goals)

__________________________________________________________________________

Who is in your support system?
Friends in the college?_____________________________________________________
Faculty/Staff in the college?_________________________________________________
At home?__________________________________________________________________

What three forms of motivation can you use this week?
1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________
12 Steps for Motivation in Your Academics

1. Set **goals**. Be sure they are realistic and achievable. Make them small to start.

2. Establish **rewards** for progress toward your goals.

3. Expect set-backs and when they happen, re-direct and renew your energy toward your goals. **Don't give up.**

4. Use the power of **positive thinking** and believe in yourself. Overcome discouragement.

5. Tell others what you are trying to accomplish and **seek support** from loved ones.

6. Learn to **say no** to options and distractions that deter you from your goal. Obstacles are what you see when you take your eyes off the goal.

7. Establish routine and regular exercise; meditation, prayer or yoga, even if it is only 15 minutes a day to start. This will help you to **cultivate discipline**.

8. Use **positive imagery** to help you achieve your goals. Imagine yourself as you will be and feel when your goal is achieved.

9. Spend time **reflecting** or talking to others about what has stopped you from achieving your goals in the past.

10. Post reminders and **inspirational quotes** in prominent places about what you want to achieve.

11. Get **help** and support to overcome physical or mental roadblocks (depression and anxiety are just two examples) and to bolster your efforts, no matter how small they may seem.

12. Practice extreme **self care**. Good health is essential to positive thinking and feeling, which will take you a long way toward achieving your goals.

**Find inspiration! Get excited! Stick with it!**

Adapted from: a non-referenced article on The Center For Personal and Professional Development’s Home page, Information from Allegheny College’s Office of Residence Life and Allegheny College’s Counseling Center.