

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)

B= Behavioral	C= Cognitive	H= Humanistic	S= Social
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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!