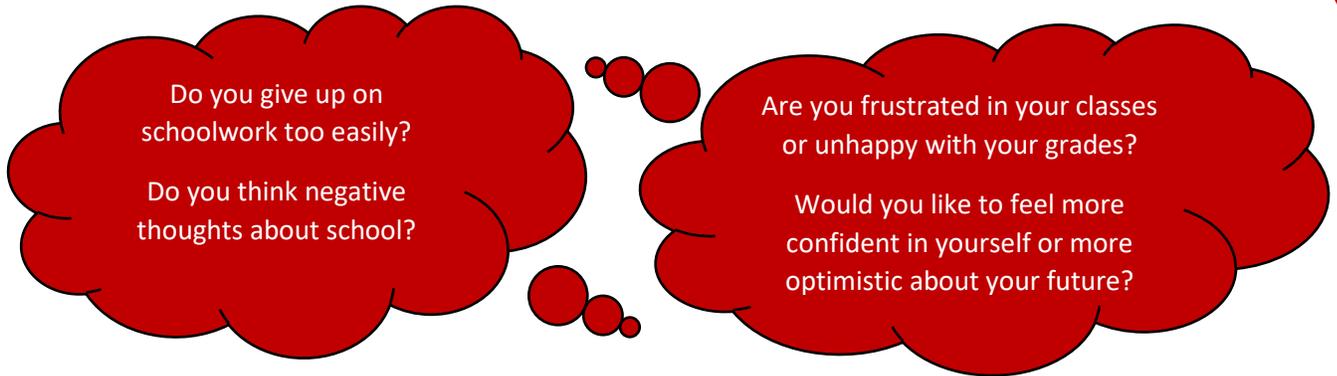


Changing the way you feel about your academic abilities and/or your education involves making changes in your thinking and your behavior.



Did you answer yes to any of those questions? It is important that you find a way to feel more positive about your abilities and your education—and that you find ways to stay motivated.

EXERCISE ONE: Have goals. Goals give you direction. They help you decide where you want to go and what you need to do. *Without goals and plans to reach them, you are like a ship that has set sail with no destination.* –Fitzhugh Dodson

Short-term goals are things you strive for in the near future (like getting a B on Monday’s exam). Long-term goals are things you strive for longer down the road (like graduating from college with a 3.0 GPA).

Below, write down one short-term goal along with two things you can do to achieve it—and when you’ll do them. Here is an example.

GOAL	Get an A on my algebra final
STEP ONE	Today, find out when the study group meets and attend
STEP TWO	Tomorrow, make flashcards for formulas I must remember

Now you try:

S.T. GOAL	
STEP ONE	
STEP TWO	

Why is this goal important to you?

On a scale of 1-10 (1 means not motivated at all and 10 means extremely motivated), how motivated are you to achieve this goal?

Does your current behavior match your level of motivation to reach your goal? Why or why not?

How willing are you to change your behavior in order to reach your goal? Why?

Now write down one long-term goal and steps you can take to achieve it.

L.T. GOAL	
STEP ONE	
STEP TWO	

Why is this goal important to you?

On a scale of 1-10 (1 means not motivated at all and 10 means extremely motivated), how motivated are you to achieve this long-term goal?

Does your current behavior match your level of motivation to reach your goal? Why or why not?

How willing are you to change your behavior in order to reach your goal? Why?

Pick someone who will check up on you about your goals. Who did you pick? _____

Right now, ask that person to check on your progress on a date of your choosing. What date did you choose?

_____.

EXERCISE TWO: Watch this ten-minute video on unique ways to get motivated.

<https://youtu.be/tQkQ-0oKlu8>

Did any of the ideas resonate with you? What will you try?

EXERCISE THREE: Watch this five-minute video on how a positive attitude can boost your motivation.

<https://youtu.be/sRE90qnAIDA>

What did you think?

MORE TIPS

- *Believe in yourself. Have you ever heard a coach talk to a team before a game? Coaches try to energize players and make them believe they can win. You are more likely to succeed if you believe you can.*
- *Surround yourself with positive people. Try to avoid negative or critical people. Choose to be around those who encourage you and will help you achieve your goals and dreams.*
- *Focus on your strengths. Identify your talents and strengths and look for ways to develop them. Do the Strengthsquest exercise!*
- *Change your self-talk. When things aren't going well, the voice in our head can be negative and critical. Stay positive and motivated by changing your self-talk to be more positive and uplifting. It will change how you feel and act.*
- *Visualize success. Imagine yourself confidently walking into the classroom, answering test questions correctly and getting the grade you want.*
- *Leave yourself little post-it notes with encouraging phrases.*
- *Care for your mind and body. Get enough sleep, eat healthy, get exercise and find healthy ways to cope with stress.*
- *Turn failure into success. When something doesn't go well, learn from the experience.*

NOW ASK TWO CLASSMATES OR FRIENDS FOR TWO MORE IDEAS:

Person one _____

Idea one

Idea two

Person two _____

Idea one

Idea two