

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.