

Name \_\_\_\_\_ Block \_\_\_\_ Date \_\_\_\_\_

## MOTIVATION

1. What is your personal definition of the word "success"?

\_\_\_\_\_

2. Which of the following motivators apply to you?

Desire to do your best

Passion for a certain topic

Enjoy learning new skills

Enjoy a challenge

Desire to get into a specific college or university program

Desire to get a specific job

Desire to help and give to others

Other: \_\_\_\_\_

3. Why is school important to you?

\_\_\_\_\_

4. What are ways that you currently reward yourself to keep motivated? (e.g. hanging out with friends, watching favourite show)

\_\_\_\_\_

\_\_\_\_\_

5. How do you stay positive with your academics? (e.g. positive thoughts, hang out with people who are supportive)

\_\_\_\_\_

6. What motivates you when you think about your future? (e.g. graduation, achieving goals)

\_\_\_\_\_

7. Who is in your support system?

Friends in the school? \_\_\_\_\_

Staff in the school? \_\_\_\_\_

At home? \_\_\_\_\_

**This worksheet was adapted from College of Charleston (Center For Student Learning)'s document** ([csl.cofc.edu](http://csl.cofc.edu))

## MOTIVATION STRATEGIES

Read over the list below and pick **three** strategies that you would like to start using this week/month to stay motivated.

- Set yourself a specific goal. When you've written your goal down, you are more likely to achieve it.
- Start with one thing first to not get overwhelmed. Getting started is sometimes the hardest part.
- Make a list of things you need to do.
- Establish a routine (e.g. put away your phone while doing your homework)
- Use reminders to keep you on track. They could be electronic ones, your weekly planner or a parent/guardian reminding you.
- Give yourself rewards (e.g. watching a movie or hanging out with friends)
- Practice self-care. (e.g. exercise, mindfulness, reading)
- Tell others about your goals so they can offer you support.
- Think positively and don't give up. It's okay if you experience a setback. Refocus and start again.
- Learn to avoid distractions. It's okay to say no to people or things that may distract you from achieving your goal.
- Ask for help when you feel overwhelmed. People are here to offer support.
- Enjoy the success you achieve. You worked hard for 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.