



Boosting Your **MOTIVATION**



Use this guide to reflect on your habits, identify barriers, and create strategies for staying motivated in your coursework.

1. Know Yourself

The first step to building motivation is understanding your personal patterns.

The time of day when I have the most energy is: _____

Plan it: Block out time during your high-energy hours to focus on assignments or studying.

Things that distract me from staying on task are: _____

Improve your environment: Reduce or remove these distractions. Keep your phone on silent and out of sight. Choose a study space that signals “focus” (not your bed or couch). If personal issues are pulling your attention, set a short timer to work, take a brief break to address them, and then return to your task.

Reasons I lose focus or feel tired while working include: _____

Stay on track: Break large tasks into smaller chunks, set clear mini-goals, and reward yourself after meeting each one. For example, work for 20 minutes, then take a 5-minute phone break.

2. Make Your Work Meaningful

Seeing the bigger picture can make tasks feel more important.

Different types of assignments I have include: _____

Mix it up: Alternate between different types of work to avoid burnout (e.g., do a quiz and part of a paper in the same day).

When I complete part of an assignment, the result is: _____

Each step you finish is progress toward a larger goal — finishing the course, earning your degree, and building your future.

The work I do in school benefits others by: _____

Your learning develops skills that you can use to make a positive impact — on your peers, your instructors, and the wider community.

3. Take Ownership of Your Learning

When I think about my classes, I have control over: _____

Even if you can't control every aspect of a course, you can control how you prepare, manage your time, and seek resources.

I like being responsible for my grade because: _____

Responsibility gives you the opportunity to prove your skills and take pride in your accomplishments.

4. Track Your Progress

It's important to check my grades often because: _____

Knowing your current performance helps you make adjustments and celebrate wins.

It's important to communicate with my instructors because: _____

Feedback can help you identify what's working and what needs improvement.

5. Connect Success to Your Values

Being successful in my classes matters to me because: _____

Align your academic success with your personal values — whether it's hard work, growth, perseverance, or helping others.

6. Recognize Effort on Both Sides

My instructors put in effort by: _____

Acknowledging the work they do can help you stay committed to putting in your best effort as well.

7. Commit to Motivation

If I stay motivated and complete my work, the results will be: _____

Remember — motivation is also a choice. The effort you put in now can lead to graduation, career opportunities, and personal growth.

8. Final Action Step

Review your answers above and choose two changes you can start making this week to boost your motivation.

1.

2.