HOW TO STAY MOTIVATED
START WITH A SELF-CHECK

**ROUTINE**
- How successful have you been adhering to a routine you set?
- Where have you been most successful?
- What has led to success?
- What have been the barriers to greater success?
- What barriers are within your control?
- What elements of your routine need to be tweaked to be more realistic and set you up for greater success?

**REFRAMING PRODUCTIVITY**
- Given current circumstances, what does it mean to be productive?
- How is it the same as when you are working and studying on campus?
- How is it different?
- Where do you see yourself trying to measure up with others?
- How do you let go of those comparisons?

**ACCENTUATE THE POSITIVE**
- What strategies could you use to identify large and small accomplishments?
- How do you celebrate them?
- How are you building self-care into your routine? Fun?
- What new ways could you try to practice self-care, have fun and celebrate successes?
- What could you say to yourself to be encouraging in light of current circumstances and all you’ve accomplished to date?
- How can you be kinder to yourself?

**RENEWING MOTIVATION**
- Why are the things you are trying to accomplish important to you? Zoom out to a bigger picture if needed.
- How do you break larger tasks down into manageable pieces?
- Who in your support system could kindly help with accountability?
- How do you procrastinate?
- How could you shift those procrastinations into a reward system for accomplishments and meeting goals?
CREATE A MANTRA

Create a brief encouraging mantra to post on your mirror or as wallpaper on your phone that grounds you in the ways you have been successful, reminds you of shifted expectations and/or inspires you going forward.

Ex: Remember that things are hard across the world now and I can do hard things.

Write your mantra below:

BE KIND TO YOURSELF

Congratulate yourself on all you have accomplished thus far despite very challenging circumstances, globally and locally, and remember that you are not alone in this.

EVALUATE & TWEAK AS NEEDED

List the barriers to productivity and motivation that are in your control:

Create a reasonable plan for addressing them:

SET YOURSELF UP FOR SUCCESS

Talk to someone in your support system about how they can help you with accountability.

Name who that person is:

List what you are doing for self-care, and for fun:

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