

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 in to 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 in to a reward system for accomplishments and meeting goals?



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TIPS FOR SUCCESS



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:

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:



**Student
Well-Being**

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