Destination: Motivation

Set **goals**. Make them small to begin with, and make sure they’re realistic. Relate each goal to a **value** you hold. **Envision** reaching those goals. What will it look like, and how will you feel?

**Reward** yourself when you make progress toward your goals. This could be something as simple as a break to hang out with friends.

Use **positive** self-talk to stay motivated. Don’t let discouragement derail your plans.

**Anticipate** potential set-backs and take precautions to prevent them. If they happen, **re-focus** and continue working towards your goals. Don’t give up!

**Reflect** or talk to others (parents, friends, success coach, etc.) about what has stopped you from achieving your goals in the past, and what has helped you reach goals.

Create a **routine** that involves regular exercise as well as meditation, prayer or another mindfulness activity. Even if it’s just for a few minutes per day, it will help with improving discipline.

**Post reminders** of what you have achieved and what you have yet to achieve in a prominent place. Use a whiteboard, journal or whatever method works for you to track your goals.

Take self-care seriously, and take advantage of resources on campus if you feel like you need some extra support. Feeling **healthy** and upbeat will make a big difference.