

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.