DESTINATION: MOTIVATION

“The journey of a thousand miles begins with a single step.” - Lao Tzu

STEP ONE: 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?

STEP TWO: REWARD ANY PROGRESS
- This could be something as simple as a break to hang out with friends.

STEP THREE: TALK YOURSELF UP
- Use positive self-talk to stay motivated. Don’t let discouragement derail your plans.

STEP FOUR: REFLECT
- 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.

STEP FIVE: REFOCUS
- Anticipate potential setbacks and take precautions to prevent them. If they happen, re-focus and continue working towards your goals. Don’t give up!

STEP SIX: ROUTINE
- 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.

STEP SEVEN: REMIND YOURSELF
- 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.

STEP EIGHT: PRIORITIZE YOUR SELF-CARE
- 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.