

MOTIVATION



How do you motivate yourself?



What is Motivation?

Tom Golisano, the billionaire businessman who founded Paychex Inc, built a business around an interesting philosophy regarding motivation. "Hire motivated people and don't de-motivate them!"

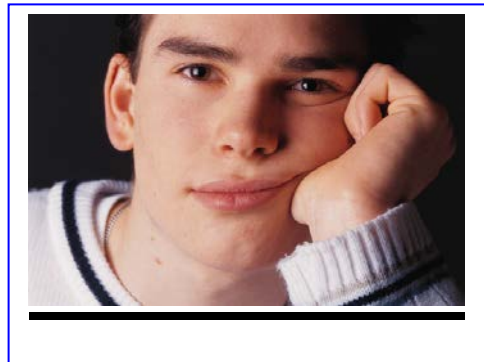
This philosophy applies to college students as well as employees. College students shouldn't allow themselves to become de-motivated!

As a college student you should be looking for ways to develop or maintain high levels of motivation.

In order to get a handle on your motivation you **MUST** understand that motivation is **YOUR** choice! Every day you make a decision whether to be highly motivated or not. If you aren't conscious of this decision, you need to be. Lack of awareness allows negative influences a chance to drain you of your motivation.

Maybe you know your De-motivators:

- Lack of sleep
- Lack of a plan, to-do list or goals
- Unmotivated friends
- Lack of preparation or training
- Depressive Illness
- Lack of Confidence
- Procrastination
- Lack of accountability
- Lack of support from friends or you need a confidant at school



Success in school and life will depend on your ability to stay energized and engaged. Take control of your motivation through focus and discipline. Eliminate and control the de-motivating factors in your world!

(Visit <http://www.campusblues.com> for more information.)

Without setting goals, it is hard to start getting motivated!

QUESTIONS TO CONSIDER:

What motivates you? What are your values? What is important to you?

What steps do you need to take to make your goals become reality? How will college benefit you?

Once you know **WHY** you are attending college it's time to **FOCUS** on the steps needed to reach your goals! (Take the Goals workshop!)

How will you stay motivated to make your goals become reality? Have you made the right choice in goals, major or career? Nothing will zap your energy quicker than bad choices! You should feel enthusiastic about your goals and not emotionally drained. Don't let stress and boredom de-motivate you!

Motivation Assessment

Take this self-inventory by rating yourself with the following scale:

- 4 = This statement is true ALL of the time
- 3 = This statement is true MOST of the time
- 2 = This statement is true SOME of the time
- 1 = This statement is true NONE of the time

- ___ 1. I know who I am.
- ___ 2. I know what I want.
- ___ 3. I have goals.
- ___ 4. I am motivated to do the things I need to do.
- ___ 5. I use techniques to get myself motivated.
- ___ 6. I am motivated to complete the activities assigned in my coursework.
- ___ 7. I have a very positive outlook and attitude toward life.
- ___ 8. I have no difficulty getting myself started in the morning.
- ___ 9. I enjoy the challenge of an academic workload.
- ___ 10. I am interested in all of my subjects.
- ___ 11. I persist in the face of a difficult project.
- ___ 12. I do not hold myself back when I know what I want.
- ___ 13. I am pursuing what I want.
- ___ 14. I am accomplishing my goals.
- ___ 15. I feel energized.



Boost Your Self Esteem

Take Action, set a short term goal.

1. Begin by brain storming what you want to change right now as a student.
2. Translate general statements into specific actions. For example, if your goal is to turn in your work on time, write down due dates on a calendar and then pay attention to the calendar! Reward yourself for following through.
3. Break down your tasks into small “bite-size” steps to keep from feeling overwhelmed. Nothing kills motivation like stress! If you have a 15 page paper due, break it down. Begin with a topic then an outline. Move into each section (introduction, body and conclusion) separately. Plan it over a few weeks. Don’t wait until the night before. Plan ahead and you’ll have a finished product you’ll be proud of.

Remember: A goal means nothing without action!

Tips to build Self-esteem and confidence:

Focus on your strengths and positive qualities. Be yourself and don’t compare yourself to others.

Learn to be resilient and bounce back after disappointments and setbacks. Don’t dwell on mistakes or limitations. Accept them, learn from them and move on with your life. There are always set backs. It’s how you deal with them that makes a person strong.

Use positive affirmations and visualizations to replace negative thoughts and images.

Take responsibility for your life instead of blaming others. You cannot control other people’s behavior, but you have complete control over your own thoughts, emotions, words and behavior. Consider the value of civility and self-control in yourself and in others.

Learn skills and competencies that give you opportunities and confidence in your abilities. It is not enough to feel good about yourself; you must be able to do what is required to demonstrate the skills you acquire. Over time, competence and confidence will increase.

Focus on giving, not receiving and make others feel valued and appreciated. You will increase your self-esteem when you make a contribution.

Create a support system by surrounding yourself with confident and kind people who feel good about themselves and who make you feel good about yourself.

Responsible college students can be trusted to fulfill these obligations:

- a. attending class and participating in activities and discussions
- b. complete reading and assignments on time
- c. communicating with instructors and fellow students

Responsibility

1. **Look around and find the most responsible person you know and ask for help or model their behavior.**
2. **Take on small projects and see them through to completion. Then slowly increase the amount of responsibility you take on. The more we do, the more we can do, and the better we get at taking on responsibilities.**
3. **Accept 100% responsibility for what happens in your life, and know that you have the power to take control of many aspects of your life, mental, emotional and physical.**
4. **Stop blaming others and start making decisions. Be responsible for the outcome, either good or bad.**

Try this exercise: Complete each sentence below...

1. IF I TAKE FULL RESPONSIBILITY FOR ALL OF MY ACTIONS: _____

2. IF I TAKE FULL RESPONSIBILITY FOR ALL OF MY THOUGHTS: _____

3. IF I TAKE FULL RESPONSIBILITY FOR ALL OF MY FEELINGS: _____

4. IF I TAKE FULL RESPONSIBILITY FOR MY EDUCATION: _____

5. IF I TAKE FULL RESPONSIBILITY FOR MY CAREER: _____

6. IF I TAKE FULL RESPONSIBILITY FOR MY RELATIONSHIPS: _____

7. IF I TAKE FULL RESPONSIBILITY FOR MY HEALTH: _____

8. IF I TAKE FULL RESPONSIBILITY FOR ALL THAT HAPPENS TO ME: _____

9. WHEN I AM ACTING FULLY RESPONSIBLE FOR MY LIFE: _____

10. IF I WERE TO CREATE MY VERY BEST SELF: _____

Developing Positive Habits

Changing habits can be as simple as 1-2-3:

Discard what doesn't work. Throw out those old habits!
Replace with something positive that does work!
Practice! Practice! Practice!

The 10 Habits of Peak Performers

1. Be honest
2. Be positive
3. Be responsible
4. Be resilient
5. Be engaged
6. Be willing to learn
7. Be supportive
8. Be a creative problem solver
9. Be disciplined
10. Be grateful



Developing positive habits begins with a desire to change negative habits. To change negative habits you must have the willingness to change. Once you are clear that you are willing to change a negative behavior you must become aware of the behavior when it occurs. Awareness allows you to consider change as an option. Once you are aware of negative behavior, then you can take action and try a positive behavior. Action is the key element to change.

By applying many of the previous tips (observing positive responsible people, setting goals, using visualizations and affirmations, etc.) you can get started in changing behavior. But be aware, you want to make sure you don't get discouraged by setting your expectations too high.

- Change only one habit at a time and start with small steps. If one of your goals is to get healthier, instead of spending a lot of money at the gym, start with exercises you can do everyday. For example, park your car at the opposite end of the campus where your class meets and walk or take the stairs instead of the elevator.
- Take time each day to reflect on your progress. Look for signs. Are your grades slipping? Are you losing energy? How is your health? Keep a journal to keep track of your changes.
- Overcome fear and be open to trying new things. Fear can cause your imagination to run wild and blow things out of proportion. Practice relaxation techniques or meditation. Also, mastering a new habit or method will help increase your confidence and self-esteem.

Relaxation: Remember to breathe! Many people forget to use their breath to relax, calm down, refresh and invigorate. Deep breathing in a calm and relaxed manner can bring about great changes in your body and mind in a matter of minutes. Breathe in and out while letting go of stress. Relax muscles, change negative thoughts and take an imaginary trip in your mind with controlled deep breathing. Breathing brings energy to the brain and to the body. Remember, maybe it's your breath! Try breathing.

Facing your Fears

Fear is natural. We all fear something. Sometimes our fears motivate us to do good things but mostly, they hinder us from accomplishing our goals. No one likes to feel like a failure. But what most people don't realize is that part of success is making mistakes. Mistakes are an expected part of the learning process. Overcoming your fear of mistakes can be difficult and daunting and sometimes be the cause of even more fears! Nevertheless, a major step to accomplishing your goals is facing your fears. Are you ready to face yours head on? Then hopefully these 4 simple steps can help you!

Step 1: NAME YOUR FEARS

Write them down and post them where you can see them. Be specific. Include the outcomes that you fear: what's the worst case scenario? What's the best case scenario? How will conquering this fear make your life better?

Step 2: RANK YOUR FEARS

Which fears do you want to conquer first? Which fears seem to be the ones that are holding you back? Which fear is the most all-consuming?

Step 3: EDUCATE YOURSELF

Perhaps your fear is failing your math class. Figure out what steps you can take to prevent this. Visit a school counselor and learn about the math resources on campus, or join a Math/Counseling Learning Community, or learn of tutoring options. Preparation can help you build your confidence and make your fears seem less intimidating.

Step 4: TAKE ACTION

John Wayne once said "Courage is being scared to death... and saddling up anyway." Taking that first step towards action is the most difficult, yet once conquered, the most rewarding. List the ways in which you can stretch your comfort zone and plan to take at least one small step everyday until your fear is conquered.

Fears are major causes of stress. Eliminating your fears will help you accomplish your goals and decrease your overall anxiety. Take the first step and see what comes of facing your fears!



FIND YOUR INNER PAUL POTTS

British reality show phenom inspires others to pursue their secret passion
By Tony Maciulis

"But my secret is hidden within me, my name no one shall know."
Those are the words, roughly translated, from the famous Puccini aria "Nessun Dorma."

You've probably heard Luciano Pavarotti sing it once or twice, and the song has made its way into many films, including Barbra Streisand's "The Mirror Has Two Faces." But it has never had so much meaning as it did on a stage in Great Britain, being sung by a mobile phone salesman named Paul Potts.

Potts is an average-looking bloke whose teeth aren't straight, and he admits to having battled self-confidence issues his whole life. Still, he decided to audition for a television show called "Britain's Got Talent."

You've seen the American version, I'm sure. Beat box artists, break dancers and jugglers combined with a few people trying to be pop stars. On his first night, Potts took to the stage and sang that famous aria from "Turnadot," after telling judge Simon Cowell that he felt he needed to pursue his first love, opera. You could hear the snickers from the crowd, see Simon's telltale eye roll, and practically feel the flop sweat rolling down Potts' brow. *But then he sang.*



From the first note floating from his snaggle-toothed beak, it was clear there was no competition for him in that room. The crowd gave him a standing ovation in what is now one of the Internet's most popular viral videos. It has been viewed on YouTube alone more than 2.4 million times.

What's the reason for this Pottsmania?

It's something my high school English teacher called "the triumph of the human spirit." Watch the video, seriously.
<http://www.youtube.com/v/1k08yxu57NA>

It makes you want to stub out your cigarette and declare yourself all done with that. It'll make you pull that dusty guitar out of the closet and fiddle around for a couple hours on that song you were working on 15 years ago. And it will make you question the most fundamental thing about our day-to-day lives -- the big "why am I here" conundrum.

My grandmother didn't graduate from high school and worked for nearly 30 years at a K-Mart. She makes the world's greatest stuffed grape leaves, to the point that New York City snob friends have remarked that they were "divine." The woman knows how to cook. One of my closest friends, Lee, is about the best listener I have ever met. She can talk you through any dilemma you may be facing, big or small, and you will end the evening laughing.

And Paul Potts can sing opera. He can really sing opera. He ended up winning that competition Sunday night, along with a chance to perform his song for the Queen of England.

We all have a passion, a secret buried within us. And yes, for the most part, the world will never know our names. But that doesn't mean we haven't made an impact, changed lives for the better, or had a purpose on this planet.

Find your inner Paul Potts. Everyone has one.

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Young Andrew Johnson is a good example too.

<http://www.youtube.com/watch?v=9K2EA8SWhh8&feature=related>
<http://www.youtube.com/watch?v=DyHuNnldp64&feature=related>