Handout Staying motivated

By: Jacoba de Boer – Learning Specialist
My inspiration is:

1.

2.

3.

4.

5.

...
**SMART**

**Specific**
What do you want to do?
Who, what, where, why, how?

**Measurable**
How will you know when you have accomplished it?

**Attainable**
Is it in your power to accomplish it?

**Realistic**
Does it align with your other goals?

**Timely**
When exactly do you want to accomplish it?

GOALS
My smart goals:

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<td>MEASURABLE</td>
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<td>REALISTIC</td>
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<td>TIMELY</td>
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My milestones:

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Creating lasting positive change

3 Gratitudes (Emmons & McCullough, 2003)

Journaling (Slatcher & Pennebaker, 2006)

Exercise (Babyak et al., 2000)

Meditation (Dweck, 2007)

Random Acts of Kindness (Lyubomirsky, 2005)

*TED Talk: The Happy Secret to Better Work by Shawn Achor:
https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work#t-739495
My Support Team:

1. 

2. 

3. 

4. 

5. 

...
Define your rocks, pebbles, and sand

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<th>My rocks are:</th>
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<th>My pebbles are:</th>
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<th>My sand is:</th>
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How to stay motivated?

1. **Catch** yourself procrastinating

2. **Check** if what you chose to do is in alignment with your goals or what is holding you back

3. **Change! Let your goals drive your actions** - Get started **even if just for 10 minutes!**

4. **Roll up your sleeves instead of fight, fright, or freeze!** - to turn stress from a threat into a challenge

5. **Optimism rules!**

6. **Plan it!** Build and maintain a routine and habits

7. **Do it!**
Resources

Learning Services

• **Academic Coaching**
  • Individual appointment
  • Chat
  • Walk-in appointments

• **Tutoring**
  • Individualized tutoring
  • Peer Led Group tutoring
  • Online Tutoring

University Counseling Center

• Individual Counseling – Tele-Mental Health
• Emergency Counseling Sessions
• Groups and Workshops
• Personal Evaluations
• Substance Use Services:
  • BASICS
  • Prime For Life
  • Alcohol and Drug Evaluations
  • Level 1 Outpatient Treatment

Website:
[https://und.edu/academics/services/learning-services/](https://und.edu/academics/services/learning-services/)

Website:
Thank you!

Questions?
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