

Motivational Tips

Don't Give Up

These motivational tips will help you stay engaged and ready for a challenge.

Use motivating “self-notes”

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you're likely to see them.

Visualize success

For example, before the day of a test, close your eyes and imagine yourself confidently walking into the classroom and answering the questions correctly. *Imagining a scene like this is called visualization.* This is a technique used by students, athletes, and leaders around the world.

Turn failures into successes

When something doesn't go well, learn from the experience, and use that knowledge to do better next time.

Hit refresh

When you're feeling overwhelmed, take a break. Listen to music, take a walk, or talk to a friend—then return ready to tackle your work.

Figure out what motivates you

Turn what competes with your schoolwork into a motivator. For example, reward yourself with social media or video game time once your homework is done.

Most successful people have faced failure at some point in their lives, but like the people below, they found the motivation to keep going—they refused to give up.

Michael Jordan was cut from the high school varsity basketball team his sophomore year.

Walt Disney was fired by a newspaper editor because he had “no good ideas.”

JK Rowling received rejections from 12 publishers before her first “Harry Potter” book was accepted for publication.

Raised in extreme poverty, Oprah Winfrey didn't own a pair of shoes until she was six. She is now a billionaire.

Thomas Edison once had a teacher who told him that he was too stupid to learn anything.

Steven Spielberg, an Academy Award winning director, was rejected by USC's film school three times.

Winston Churchill failed the sixth grade.

“If we did all the things we are capable of doing, we would literally astonish ourselves.”

Thomas Edison



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Staying Motivated

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Staying Motivated

Information and tips to help you stay confident and engaged





Staying Motivated

- ▶ Do you give up on schoolwork too easily?
- ▶ Do you think negative thoughts about school, yourself, and your abilities?
- ▶ Are you frustrated in your classes or unhappy with your grades?
- ▶ Would you like to feel more confident in yourself or more optimistic about your future?

If you answered yes to any of the above, it's important that you find ways to feel more confident in your abilities and more motivated in your classes.

We all get stuck sometimes. So how do you keep yourself going when you're feeling stressed out, discouraged, or overwhelmed? *You need to work to keep a positive attitude and find ways to stay motivated.*

This InfoGuide will provide you with lots of tips on how you can keep moving forward and stay positive—so that you can be successful in whatever you do.

Have a Positive Attitude

A positive attitude will get you far in life. Here are some tips for staying positive, even when the going gets tough.

Surround yourself with positive people

In life, we come across all kinds of people. Some are positive influences in our lives and some are not. Try to stay away from people who are negative or critical. Instead, choose to be around people who support and encourage you. These are the people who will help you achieve your goals and realize your dreams.



Believe in yourself

Have you ever heard a coach talk to a team before a game? In pregame speeches, coaches try to energize their players and make them believe they can win. This is because coaches know that people have a greater chance of succeeding if they believe in themselves.

Whether you're an athlete preparing for competition or a student tackling a difficult subject, it's important that you recognize the talents and abilities you have, and believe that you can succeed!

Move with positive energy

Stand tall, walk with confidence and purpose, and smile. *If you act positive, you just may find that you feel more positive.*

Plan for Success

Having goals you want to achieve and focusing on the positive will help you stay motivated—and be successful, both in and out of the classroom.

Set goals

Goals give you direction. They help you decide where you want to go and what you need to do. Have a list of both short-term goals (e.g., get a B on Monday's Biology test) and long-term goals (e.g., graduate with a 3.0 GPA).

"People with goals succeed because they know where they are going." Earl Nightingale

Focus on your strengths

You are a unique individual with many interests, talents, strengths, and weaknesses. While it's good to work on your shortcomings and weaknesses, your strengths are where your future lies. Look for ways to pursue your interests, and to develop your talents and strengths.



Use positive "self talk"

We all have a voice inside our head, and when things aren't going well, that voice can be negative and critical. You can help yourself stay positive and motivated just by changing your "self talk."

Replace *"I'm terrible at math"* with *"I'm smart – I can do this."* Changing how you think will change how you feel, and how you act.