

HOW TO BUILD AND SUSTAIN MOTIVATION

Set Small Scale Goals: Sometimes looking at all the work we have to do can leave us feeling overwhelmed, however small goals make the task seem more manageable at the time. For example, aim to complete the first few questions of a task and then try to do more if you reach that goal.

Do tasks to avoid negative consequences: It can be helpful to imagine what the long term outcome of not completing the task will be. Initially you will likely feel good because you did not have to do the task, however over time you are likely to feel more stressed and overwhelmed and you may face consequences from parents or school for not completing the work. Save yourself the future distress by pushing through and doing your best to attempt the task now.

Take a break and try again: Sitting there attempting to do a task and making no progress when you are not motivated and can't concentrate is often not helpful. Try to take a break and do something to refocus e.g., go for a walk or have a snack/drink. Then try to return and approach the task again, after which if you are still struggling to know what to do contacting your teacher could be a good idea.

Build habits: Being in a routine and completing tasks at the same time in the same structure each day can help to build motivation over time. When we do something repetitively, we can get into a pattern where it feels less forced to engage in the activity, therefore it requires less motivation to be able to engage effectively in the task.

Reflect on why this is important: When we feel unmotivated to do a task it can help to reflect on why we are doing the task in the first place e.g., to increase our learning, to pass an outcome, to eventually get the career we want.

Rewards Boost Motivation: When even a small goal seems difficult to reach, you can find the motivation you need by thinking about the reward you'll get when you get there. E.g., after completing your set goal of a certain amount of work for the day you might watch some Netflix, go for a walk, play with a pet, spend time on social media etc.