

# Motivation

Motivation is something many of us can struggle with at the best of times. We recognise that this may be exacerbated during difficult situations, whether that be motivation to revise, complete assignments or exercise.

There are three important factors when it comes to motivation:

## 1. Make it attainable

- We are more likely to carry out a task if we feel that we are able to complete it – and procrastination often occurs when doubt creeps in
- Try using this [printable goal planner](#) to set out your aims and break them down into easy steps
- Focusing on the very next thing that needs to be completed can help us to get started



## 2. Be kind to yourself

- Speak to yourself in your mind in the way you would speak to a friend who needs support
- It can help to think of the 'why' behind a task, as the bigger picture can be more motivating
- Making the goal part of your identity can also help e.g "I am a runner, so I'm going for a run"



## 3. Connect with others

- Talking to others who understand your situation, like your course mates, can be really helpful
- Trying to achieve something together can help spur you both on and provide encouragement
- This can also help your overall wellbeing as it increases feelings of belonging and togetherness



## General tips

- Use our [free planner](#) to plan your week and create a routine
- Eat regular healthy meals so you don't get distracted by hunger
- Try and establish a regular sleeping pattern which matches your productivity habits
- Include self-care activities using the [Six Ways to Wellbeing guide](#)

