Motivation

1) **Have a Purpose** – Why are you doing it?

2) **Make a Commitment** – Otherwise you won’t have any drive.

3) **Control Your Impulses** – Part of you may pull in opposite ways. Which side will dominate?

4) **Use your “Biological Clock”** – Some times are far better for you to study than others. Use this time for less interesting or more difficult material.

5) **Control Your Environment** – Examples: Turn your cell phone off. Find a better location. Be assertive – say “NO”.

6) **Be Realistic** – Don’t expect too much from yourself. Expecting too much is a way of “setting yourself up for failure”.

7) **Set Goals For Gradual Improvement** – Don’t try for big changes all at once.

8) **Find Rewards** – Improve your positive outlook. When you are doing something that you feel good about, give yourself a small reward.

9) **Learn To Believe In Yourself** – We get into the habit of “conning” ourselves. By being realistic, etc., to get to the point where you lie to yourself less.

10) **Explore The Problems Behind The Problem** – Why do you behave the way you do? Some ways of exploring:
    - Reflection
    - Discussion with friends
    - Reading books on the subject
    - Individual or group counseling