

# 5 ways to get motivated



## MOTIVATION

... is getting things done rather than doing a *youtube* binge watching weekend.

Research shows, 85-95% of students have problems related to procrastination



# 1

### GET INTRINSIC MOTIVATION

- find things that you like about the task
- meet people who love the task and get inspired
- list benefits of the task



- promise yourself once the task is done to ...

- ★ buy something desired
- ★ take a nice time off
- ★ tell others of the achievement to get praise

### GET EXTRINSIC MOTIVATION

# 2



### being AFRAID OF FAILURE?

often leads to lack of motivation

Look at your *feelings* and *concerns*.

When afraid of failing with a task, we procrastinate.



Debate against the fear. How unlikely is a complete failure? How easily can failure be corrected?

# 3



### THE TOUGH

# 4

Give your friend \$100. Tell him to not give it back 'til you finish the task. Pro: he keeps \$10 for every hour of late delivery.

### JUST OVERWHELMED?

# 5

- order and chunk the task
- slice into small pieces
- do the tiniest step first

