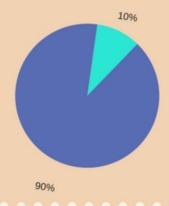
5 ways to get motivated ---

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 ...
- X

buy something desired



take a nice time off



tell others of the achievement to get praise

GET EXTRINSIC MOTIVATION







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?



THE TOUGH



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?



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