

# Getting Motivated

## WHAT IS MOTIVATION?

Motivation allows you to take action to achieve your goals. It is a combination of your beliefs, desires and values. If you place great importance and value on something, you are more likely to be motivated to attain it.



## HOW TO GET MOTIVATED: A THREE-STEP APPROACH

1. Recognise your beliefs, desires and values.
2. List your strengths and weaknesses.
3. Establish goals based on your desires, taking into account your strengths and weaknesses.

‘Desire is the key to motivation, but it is determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek.’

– Mario  
Andretti



# ACHIEVE SUCCESS IN THREE SIMPLE STEPS



## STEP 1

### **Recognise your beliefs, desires and values.**

What is important to you? Make a list of all that comes to mind when you ask yourself this question. School, work, career paths and family are just some of the areas you should examine.

When you have finished writing your list, identify which things are more important to you than others, and whether there are any relationships between areas. By creating this list, you are gaining a better understanding of what you really want to achieve. This will allow you to establish goals that will be based on your beliefs, values and desires which will make you more committed and motivated to take action!

## STEP 2

### **List your strengths and weaknesses.**

When making a list of all your strengths and weaknesses, be honest! Remember that your goals will take into account this list and there is no point in over-estimating your abilities as you will only disappoint yourself in the long run. Maintaining your motivation levels is highly dependent on the accuracy of your goals.

When creating your list, consider aspects such as your writing, reading, interpersonal, problem-solving, time-management and computer skills. Include characteristics you possess, both positive and negative, that have been observed by a credible person. For example, your teacher may believe you have excellent oral communication skills, however recommends improvement in your writing ability. In this instance 'oral communication skills' would be considered a strength, whilst 'writing skills' would be considered a weakness.

## STEP 3

### **Establish goals based on your desires, taking into account your strengths and weaknesses.**

Now that you know your beliefs, desires, values, strengths and weaknesses, it is time to use that information to establish your goals! Your goals may include both long-term and short-term goals. Usually your long-term goals are achieved by short-term ones. For example, your long-term goal of becoming a Marketing Executive will involve short-term goals of gaining high marks in specific subjects.

# Goal Setting

## WHEN SETTING YOUR GOALS THEY MUST:

### 1. Be realistic

Make sure you set goals that you can realistically achieve. This is where you will need to refer to the strengths and weaknesses you identified earlier.

### 2. Be possible

If you know that you can achieve something, write it down!

### 3. Be flexible

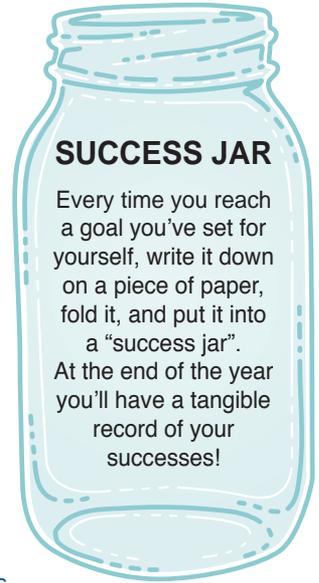
If circumstances change, you will need to be prepared to adjust your goal accordingly. For example, if you wanted to complete your English essay in two days but you have been given a Maths assignment that is due earlier, you may need to change your goal to match your circumstance. If you are not flexible, you may not achieve your goal and in turn decrease your motivation levels.

### 4. Be specific

Your goals must be measurable. If your goal is to improve your marks in Mathematics, it will be hard for you to know whether you have achieved your goal. Instead, your goal should indicate what mark increase you would like to attain, as well as when you would like to achieve it by. For example, 'I would like to increase my average grade in Mathematics from a C to a B+ by the end of the year'.

### 5. Be controllable

You must be able to control the result of your goal. If the outcome is out of your hands, you cannot take steps to achieve it!



## My Goals for 2016

Goal setting is a technique used by top-level athletes, successful business-people and achievers in all fields. It gives you vision and motivation. By setting goals you can decide what you want to achieve and then move step-by-step towards the achievement of these goals.

By setting clear goals you can measure and take pride in their achievement. This will allow you to gain confidence and enable you to achieve more difficult goals.

Think carefully and then create a short list of the goals you would like to achieve in 2016.

Use the space below to record your goals.

GOALS		DATE ACHIEVED
SEMESTER 1	GOAL 1:	
	GOAL 2:	
	GOAL 3:	
SEMESTER 2	GOAL 1:	
	GOAL 2:	
	GOAL 3:	