

# Creative Ways to Stay Motivated All Year Round

Motivation is that boost of energy that moves you into action! Knowing how to get and stay motivated can help you overcome challenges and meet your goals. There are two main types of motivation:

- ✓ **Intrinsic:** The motivation comes from within you. You take action because it is something that you WANT to do. For example, doing something because it brings you pleasure, because you want a sense of accomplishment, or because it moves you closer to a personal goal.
- ✓ **Extrinsic:** Outside factors motivate you to act. For example, you take action in order to receive a reward, salary, or praise from a teacher or family member. Extrinsic motivation can come from anything external to you - other people, systems, or the environment.

**Here are a few ways to motivate yourself at school and at home. Can you think of any others?**

## Reflect on your dreams.

When school feels hard, remind yourself **why** you are doing this. Is it to get a better job, earn a diploma, or make your family proud? Whatever your reasons, write them down and imagine how great it will feel to get there!

## Use a schedule and a timer.

Schedule "appointment" times each week to work towards your goals. You can even use a timer to motivate you to concentrate. Try booking the same "appointment" times each week to create a predictable routine.

## Find a consistent workspace.

Having a place where you always do school work can make it easier to get into "work mode" right away. It could be a corner of your kitchen, a closet, even your car - be creative and make it your own!

## Reward yourself.

Each time you complete a 30-minute study session, celebrate with something you enjoy - it could be a favourite snack, a TV episode, or a call with a friend. Enjoy the process!

## Reach out to others.

We all need a cheerleader sometimes! Find someone who can lift you up, encourage you, and give you the energy to keep going. It could be a family member, a classmate, teacher, or even the Wellness Services Counsellor. School can be challenging, but remember, you don't have to do it alone.

## Let's get motivated!

Our Wellness Services Counsellor can help you work through challenges and reach your goals. It's easy, convenient, and confidential! Text/call **514-700-2832** any Tuesday or Thursday, 9 AM to 5 PM, to talk to a professional right away.

