

YOUR ONLY LIMIT IS YOU



QUICK TIPS FOR MOTIVATION

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Heading further into the school year often means finding motivation becomes more and more challenging.

Here are a few quick tips from our mentors to help you out!

"Think about how'd feel at the end of accomplishing your dream so you strive harder for what you desire"

I honestly find it kind of **amazing how far a positive attitude can go**. I remember noticing during school that it was the subjects I liked the most that I was most motivated to complete assignments in; because I had a positive outlook towards them. So I think **staying motivated comes down to looking for something positive in the situation**. It may not always be easy, but find something that excites you in every assignment and run with it.

Avoid ever thinking that you don't want to do something, or thinking how much you're not enjoying something - find something positive.

"A little progress each day adds up to big results"

I love this quote - it's so true. I find it **much easier to complete an assignment or project by doing a little bit each day**. Aim to complete something little, that will help you achieve a big goal. **Plus, if everyday you can be proud of something you've done, even if it's little, you'll find yourself more motivated and positive.**

"Be gentle with yourself - you're doing the best you can"

Finally, look after yourself. As much as it's important to work hard and be determined, **staying motivated is also about not getting to caught up in everything, but about being pleased with any progress you make**. For example, I often get too critical of my progress, but that in itself is de-motivating. So like above, take little steps and be happy with knowing you're doing your best.