

Ways to Increase Your Motivation

What to Know

Motivation is your desire to get things done. Everyone needs the motivation to complete short- and long-term goals, responsibilities, and tasks. You need the motivation to start your homework, finish a big project, clean your room, and even get out of bed in the morning!

Having lots of motivation is good, but it's common to have highs and lows. You might be really motivated to work on a project today, but you might not feel well tomorrow and end up watching videos all afternoon.

Why is motivation important? It's the drive that helps you do what you need to do. When you're highly motivated, you can often do a task quickly and easily. If you're unmotivated, though, finishing that same task might feel challenging and time-consuming.

Here are some strategies to boost your motivation.

1. **Stay positive.** When you're positive, it's easier to stay motivated.
2. **Find ways to boost your mood.** Find ways to improve your mood to increase your motivation. You might shoot some hoops, watch a funny video, or spend time with your pet. If you don't feel your best, you are likely not going to DO your best.
3. **Work toward your goal.** Know what you want so you can come up with the steps to accomplish it.
4. **Give yourself rewards.** Sometimes just giving yourself a small prize, like time to play your favorite video game or hang out with friends, can help you complete a task.
5. **Start with just one thing.** Sometimes it's hard to get started. So, make a list and choose just one thing to do. Once you accomplish that, it will be much easier to keep going. Take a break if you need it!
6. **Use reminders and cues.** Reminders can be on paper, electronic, or a verbal reminder from your parent or another adult. Reminders can push you to get going.
7. **Don't give up.** Don't let failure take you off track. You might feel bad about yourself if you don't do well at something, but it's important to find ways to get over failures and move on.

8. Celebrate success. Take time to feel good about completing tasks or goals. Learn to be satisfied when you accomplish something!

Do you already use any of these strategies? If so, which ones? Do they work for you?

What to Do

First, answer the following questions.

What does having motivation mean to you?

Describe times you felt really motivated. What were you doing? What helped you finish the task or project? Be specific.

How can increasing your motivation help you - now and in the future?

In the box below, write down a project, task, or responsibility you've been putting off or you've had a hard time completing.

Referring back to the eight strategies to boost motivation. Choose 2-3 strategies from the above list that could help you complete this task.
