

Motivation Practice

Identify something you don't want to do, that you're not motivated to work on. Apply the following strategies to see what might help you gain traction. You might find that a combination of things works best.

1 *Pick something you don't want to do right now:*

ARTICULATE WHY (consider the prompts below, if that's helpful):

- **What** do you do instead?
 - **What** is keeping you from doing it?
 - **How** have you tried to start?
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2 **PRACTICE:**

REFRAME YOUR THINKING

- *What opportunity can you find? You might have to dig around. (Consider learning/practicing a new process, or thinking about information in a new way, learning new information, etc.)*
- *What are you curious about?*
- *Who do you know who is excited, and can you connect with them to learn more?*

TAKE A BREAK/GET REST

- *What does taking a break/resting allow or offer?*
- *What happens if the work doesn't get done right now (in the immediate and also long-term)?*
- *What activity/activities will be restful/ rejuvenating?*

BREAK IT DOWN INTO SMALLER STEPS

- *How many steps can you break this work down into*
- *How does breaking it down help you?*
- *If it doesn't help, why not?*

SAY NO

- *What's the most challenging part of saying no, and why?*
- *How would saying no support you?*
- *What opportunity does saying no invite?*

Motivation Practice

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REFLECT/DEBRIEF:

What worked/didn't work for you?

How was this different/similar from what you've tried before?

What can you bring forward into your motivation practice? It doesn't have to be the full strategy - it can be an observation, something you felt yourself drawn to/pushing back against, etc.

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MOTIVATION STRATEGIES:

HONOR FEELINGS: ENERGY @ SELF AWARENESS:

- **Reflect** on mindset – is it growth or fixed? (Growth: embracing challenge/setback and seeing opportunity for growth in challenge; Fixed: feeling that the skills, intelligence and abilities you have now are set, with no room for growth.)
- **Reframe** thinking – what's the opportunity?
- **Listen** to the body
- **Build** structure

HARNESS STRUCTURE: PLAN

- **Break large projects up** @ plan backwards
- **Start @ stop** to make progress
- **Set intentional goals**, short @ long term
- **Identify support** for accountability @ cheer

MORE TOOLS/INFORMATION TO SUPPORT MOTIVATION

(unless otherwise noted, all tools can be found here: <https://success.oregonstate.edu/learning/all-worksheets>):

- [Procrastination Awareness Plan](#)
- [Motivation Techniques](#)
- [Break Ideas](#)
- [Backwards Planning](#)
- [Pomodoro Technique](#) (<https://success.oregonstate.edu/learning/better-schedules/#pomodoro>)