

## **Tips for Building Motivation**

### **Set Yourself a Specific Goal**

Select one specific, achievable goal. Each time you achieve a goal, set another specific and achievable goal. Make it specific by clearly defining what you are working towards, and make it achievable by setting a clear time frame or number of questions.

For example "I will complete all of the questions on the first page of my math homework sheet in two days."

### **Break Down Your Goal**

Break your goal in small tasks throughout your set time frame. For example, if there are 15 questions on the first page of your math homework, you might break down your goal to complete 5 math questions each day.

### **Make a Schedule**

Create a schedule so that you have a set time that you will use to work towards your goal. For example, if you are aiming to complete 5 math questions each day, you might set a schedule with 30min blocks to work on your math homework.

### **Share Your Goal**

Tell someone about your goal, such as a family member or friend, and ask them to help keep you motivated. It can help if you also share your schedule with them, so that they can remind you if you go off track!

### **Positive Self-Talk**

It is important to stay focused on your goal and believe that you will achieve it! If you catch yourself saying "I can't", remind yourself that YOU CAN!

### **Set Rewards**

Set yourself a reward for when you achieve your goal. It might be allowing yourself time to watch your favourite TV shows, or it might be a piece of chocolate!



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