Find Your Motivation

Motivation is the fuel that drives you toward reaching your personal, education, and career goals. If you have a goal, but have a hard time feeling motivated to reach it, use this page to help you discover what might be affecting your ability to succeed, and how to overcome it.

1. DIRECTION. Direction and motivation are directly linked! Without an end goal, it can be hard to have the motivation to move forward. Write down your ultimate goal. If you do not have one in mind, try meeting with an advisor, mentor, or trusted friend to help you get started.

DIRECTION

My ultimate goal is to:

_____

_____

_____

_____

2. OWNERSHIP. Now that you have a direction, ask yourself: is this direction my own?

YES ☐   **NO** ☐

Pressure to reach certain goals by friends, family, or society can negatively affect your motivation. If your answer is "no," what can you do to make it your own?

_____

_____

3. PERCEPTION. Your perception has a huge impact on your motivation. If you do not feel capable of reaching your goal, then you might feel like there is no use in trying. Building self-confidence and gaining support can help. Remind yourself that you are capable of reaching your goal, and find someone to cheer you on.

I can remind myself that I'm capable of reaching my goal by:

_____

_____

One person who can be a source of support is:

_____

4. ENVIRONMENT. Are you surrounded by supportive people and productive environments? Are you reminded daily of your ultimate goal? Having a positive, supportive environment could be the key to helping you get back on track with your motivation and self-confidence. Here are some tips to get you thinking:

• Find a mentor and surround yourself with people who share your passion. See page 31 for mentoring programs at Sac State.

• Bring elements of your ultimate goal into your life now; keep magazines, pictures or posters in your room or try volunteering in your area of interest.

• Set boundaries. Limit contact with people who bring you down.

ENVIRONMENT

I can make my environment more positive and supportive starting today by:

1._____

2._____

3._____