

8 Points for Increasing Your Motivation

Definition of motivation: The intentions, desires, goals, and needs that determine human behavior.

1. Surround Yourself with Positive, Upbeat, Happy People

Think about the people in your life who influence you the most. Divide those people into the two groups below:

Positive People

"Contaminated" People

2. Overcome Your Doubts and Fears

List one of your strongest fears and one step you can take to overcome that fear.

3. Move Out of Your Comfort Zone

List one thing that you will do this week that is out of your comfort zone.

4. Develop a Winning, Optimistic Attitude

Visualize success for yourself. Describe what success looks like in your life. Be specific!

5. Identify and Clarify What You Value in Life and in Yourself

Read over the list of items and circle the ones that you value in others and in yourself. To help you decide, consider the following questions:

Can you defend why you value this? Did someone tell you to value this, or is it something you decided upon for yourself?

- | | | |
|-------------------|----------------|-------------------|
| Honesty | Comfort | Respect |
| Frugality | Thoughtfulness | Trustworthiness |
| Spirituality | Fun | Caring |
| Attentiveness | Friendship | Intellect |
| Organization | Family | Security |
| Control | Self-Esteem | Enthusiasm |
| Athletic Ability | Goals | Giving |
| Safety | Punctuality | Success |
| Love | Reliability | Courage |
| Health | Spontaneity | Teamwork |
| Service to Others | Creativity | Integrity |
| Imagination | Energy | Power |
| Achievement | Money | Self-Improvement |
| Affection | Devotion | Career Success |
| Open-Mindedness | Listening | Working |
| Wit/Humor | Knowledge | Stability |
| Justice | Independence | Forgiveness |
| Friendliness | Dependability | Optimism |
| Beauty | Empowerment | Direction in Life |
| Dedication | Strength | |
| Learning | Risk-Taking | |

Now, put a star or other symbol by the values that will **help you succeed at TCU.**

6. Take Pride in Your Name and Personal Character

Who in your personal life or in the national spotlight has a reputable character? What is it about this person that makes him/her reputable? What do you do to ensure that you are proud of yourself and your personal character?

7. Make a Commitment to Strengthen Your Self-Esteem

Circle the statement below that, once you take this action, will most help to strengthen your self-esteem.

- **Take control** of my own life.
- Adopt the idea that **I am responsible** for myself and my actions.
- **Refuse to allow** others to tear me down.
- **Control what I say** to myself.
- **Take calculated risks** that help me achieve my goals.
- **Stop comparing** myself to other people.

8. Develop a Strong, Personal Course of Action

What are three specific actions you will take to help you accomplish your goal of improving your GPA this semester? Be specific!

1)

2)

3)