



THE

college motivation

WORKSHEET
PACKET

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Dear Reader,

This collection of worksheets is the accompaniment to the blog post "[The Ultimate Guide to College Motivation](http://saralaughed.com)," an extensive resource on my site, Sara Laughed (<http://saralaughed.com>). For more thorough resources on getting and staying motivated, as well as the full blog post, please click [here](#)!

Because this is a collection of worksheets rather than a workbook, I have not numbered these pages. This should let you print them out individually or use them together as a workbook.

Please fill out these worksheets to the best of your ability and save them to reflect on when you need to be motivated again. I hope these prompts help you as they have helped me!

Warm wishes,

Sara

LET'S GET MOTIVATED!

Thoughts that motivate me:

- Everybody started somewhere.
- Anything can be learned.
- Intelligence is not fixed.
- Your past doesn't define you.
- Everyone faces obstacles.
- _____
- _____
- _____
- _____

Making a motivation chart:

1. Draw a box in the center of a blank page. Fill it with the words "My Motivation." Alternatively, you can use the next page of this book!
2. Think of the goals you have for your future, and how they relate to your college experience. What are reasons you want to succeed? Here are some possible motivations to keep in mind:
 - a. Impressing your professors.
 - b. Learning as much as you can about an interesting topic.
 - c. Getting the grades to qualify for study abroad or an internship you want.
 - d. Making the dean's list.
 - e. Getting into a competitive graduate or medical school.
 - f. Growing your own self-confidence.
 - g. Leaving the future as open as possible to opportunities and success.
3. Take this page and hang it up on the wall or corkboard near your desk!

MY MOTIVATION CHART

My motivation

The Setting Smart Goals Worksheet

Make sure goals are:

- Activity-focused, rather than results-focused.
- SMART: Specific, measurable, achievable, relevant, and time-specific.

To make sure you are setting SMART goals for yourself, please fill out this table below! There is space for three goals, but if you would like to set more, you can always use an additional sheet of paper, or print out this page a second time.

Goal	Specific: Who, what, where, why, and how?	Measurable: How will I measure my success?	Achievable: How will I accomplish this goal?	Relevant: How does this relate to my goals and motivations	Time-specific: When do I want this done?
1.					
2.					
3.					

The “I’m Stuck and I Need Motivation NOW” Worksheet

Goal, activity, or assignment that I feel I should be working on:

Expected time it will take to complete this assignment: _____

3 positive outcomes that will come from finishing this assignment:

1. _____
2. _____
3. _____

Aspects of this assignment that are BENEFICIAL or that I might ENJOY:

1. _____
2. _____
3. _____

Reasonable reward(s) I could give myself for accomplishing this assignment:

1. _____
2. _____

What is a short amount of time that I could give myself to work on this, just to get started? _____

Can I commit to setting aside that time?

Yes

No

Productive Daily Planner Worksheet

One mantra or affirmation for today:

One reason I want to succeed today:

One way I can stay focused today:

My main priorities today:

1. _____
2. _____
3. _____

One way I can make time for myself today:

TO DO LIST:

SCHEDULE:

7am
8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm
9pm