# CHOICES OF SUCCESSFUL STUDENTS
## DISCOVERING SELF-MOTIVATION

<table>
<thead>
<tr>
<th>Successful Students . . .</th>
<th>Struggling Students . . .</th>
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<tbody>
<tr>
<td><strong>create inner motivation</strong>, providing themselves with the passion to persist toward their goals and dreams, despite all obstacles.</td>
<td><strong>have little sense of passion and drive</strong>, often quitting when difficulties arise.</td>
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<td><strong>design a compelling life plan</strong>, complete with motivating goals and dreams.</td>
<td><strong>tend to invent their lives as they live them.</strong></td>
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<td><strong>commit to their goals and dreams</strong>, visualizing the successful creation of their ideal future.</td>
<td><strong>wander aimlessly from one activity to another.</strong></td>
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FACTORS AFFECTING SELF-MOTIVATION

Self-motivation is greatest when two factors work together at high levels: **Value** and **Expectation**.

When either factor is low, our motivation is insufficient to overcome life’s inevitable obstacles.

When both factors are high, even the biggest obstacles can’t stop us!
"I'm going to improve my grades."
"By March 1\textsuperscript{st}, I will have an 85 average in my Algebra class."
"I hate living in the dorms; I'll be glad when I can get out of here."
"By July 30\textsuperscript{th}, I will have a lease in hand for my own apartment."
"I wish my kids would quit messing up their rooms."
"By October 1\textsuperscript{st}, I will develop an 'inspection and reward' plan for my two kids."
SETTING GOALS

Dated: Specific Deadline
Achievable: Challenging but Realistic
Personal: Yours because You want it
Positive: Achievement, not Avoidance
Specific: Concrete and Measurable

"By March 31st ..."
"... I will have an 85..."
"... I will submit resumes for three jobs I would really like..."
"... I will increase my promotion chances..."
"... I will weigh 135 pounds..."

This is the DAPPS Rule

Dated Achievable Personal Positive Specific
JOURNAL
ENTRY 9: WARM-UP

Practice writing goals in any of your life roles. If possible, have a peer review these and see if they can be improved to better fit the DAPPS rules. Now put them to work!
EMPOWERING YOUR AFFIRMATION

Come up with an affirmation, a short, personal-to-you phrase regarding positive qualities you possess, that you can then use to ward off any self doubt you may have that may steer you away from achieving your goals.

1. Repeat your affirmation.
(Several times a day.)

2. Dispute your Inner Critic.
(Remember a time when you demonstrated a quality in your affirmation.)

3. Align your words and deeds.
(Each time your actions demonstrate a quality, you strengthen both the quality and your belief in possessing the qualities.)
WISE CHOICES IN COLLEGE

Take time to answer these questions to yourself.

• What is your level of motivation to do well in college? Be honest!

• How will learning effective study strategies increase your motivation?

• Knowing effective study strategies increases your expectations of success. (Remember, V x E = M)
KEY CHOICES FOR DISCOVERING SELF-MOTIVATION

Committing to Your Goals & Dreams

Designing a Compelling Life Plan

Creating Inner Motivation
What aspect of discovering self-motivation seems most challenging to you? Why?

Contact any of the SSS mentors to collaborate on strategies to overcome these difficulties!

“Nothing great was ever achieved without enthusiasm”
Ralph Waldo Emerson

LET’S GET MOTIVATED!