

# Self-Motivating

1. What outcome do I hope for?
2. Other than getting a good grade, how else might I measure my own success at this task?
3. What reasons are there for me to think I may succeed?  
*Ex: Past successes, personal strengths, resources, know others who have succeeded, etc.*
4. What parts of the situation are within my control?
5. What could I do that might allow me to actually enjoy it?

**6. Who or what controls how I will do at this task?**

**Me...**

My ability  
My effort  
My planning  
My persistence  
My strategies  
Using resources

**Other(s)...**

My professor's ability  
My classmate(s)  
My TA  
My resources  
The difficulty of the task itself  
Whether the person grading likes me  
Luck

**7. What value can I find in the task?**

*Ex: I want to learn the material, develop new skills, see relevance to career or later life, desire to graduate, etc.*

**8. Keep your goal clearly in mind...**

"The reason I am \_\_\_\_\_

is because \_\_\_\_\_."