Life Skills Series

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People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily. Zig Ziglar

Tips on managing motivation issues more effectively:

- ❖ What motivates one may not incentivise another. Thus, it is important for you to identify what works for you, and what does not, and review these motivational factors periodically as you may change with time.
- Rewarding yourself can be helpful in getting yourself to complete a task that may not be pleasant but necessary. However, use this reinforcement method appropriately and sparingly as it may lose its effect if it is too applied too often.
- Offering compliments and constructive feedback from others or oneself can lift your motivation.
- Affirm yourself by having an expectancy that you have the means and capacity to accomplish your goal. This will require you to look at yourself through positive lenses.

Motivation has profound impact on the quality of our lives, from the pursuit of our study goals to career goals. A motivated individual tends to report a greater sense of direction, vision and meaning in life.

There are various possible reasons behind our decision to do or not to do something. Whether our motive is driven by instinct or a need, it is necessary for us to identify the forces that aid us in engaging in healthy activities (e.g. exercising) or to cease certain action (e.g. procrastinating). To do that, we will need to take steps to better understand our values and beliefs throughout our life journey.

SUTD Wellbeing Services offers professional counselling services for <u>students</u> in a private and confidential setting. If you would like to see a Counsellor to discuss any issue or challenge, please email us at <u>wellbeing@sutd.edu.sg</u>.

