

## **Motivation plan**

1. Choose a study-related task that you need to do, but which presents challenges for your motivation.
2. Reflect on why it would be good for you to complete the task. What benefit will you get from it in the short term and long term? Why is that important?
3. Think about similar tasks which you have successfully completed in the past and what resources or strengths you drew upon.
4. Anticipate potential challenges or setbacks you might encounter when working on the current task and consider how you can overcome them.