

## Professional Practice Support

## MOTIVATION: MY GUIDELINES

Having completed a **reflection** of your performance last term

- now is the time to make the necessary adjustments so that you get it right
- if you keep doing the same things, you'll keep getting the same results
- it will benefit your efforts greatly if you complete such a **reflection** at the end of every term
- build your reflective habits.

## Focus on what you can control

- positive behaviours and attitudes
- reaction to external influences; self awareness
- a balanced lifestyle; exercise and diet
- willingness for open communication; sharing
- identifying your personal needs; be resourceful.

To **achieve** what you are aiming for, it won't "just happen"

- opportunity won't chase you
- you must be self-motivated and set guidelines on your behaviour; live life!
- do what you have to do so that you can do what you want to do.

Self-motivation is an **internal** force activated by your needs/goals

- the greater the need the more powerful the **stimuli** to achieve it
- you are in control of you, nobody else.

## What motivates you?

- a fierce desire to taste success?
- a dreaded fear of failure?
- a need for calm in your life?

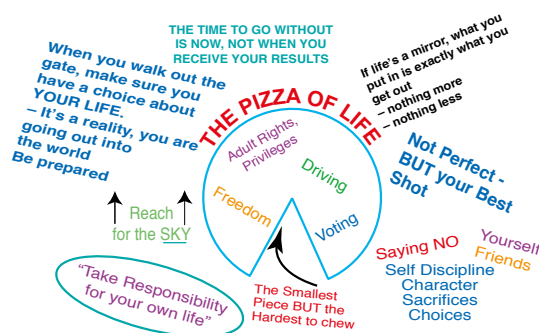
The **Pizza of Life** below highlights that for every Right and Privilege there is an associated Responsibility that cannot be ignored.

It's all about ABC:

**Actions** – things that happen or I make happen

- my thoughts about what happened

**Consequences** – my feelings about my thoughts, causing me to act the way I do.



What are the **main** things that you should change and how will you make those changes? Eg. Saturday night socialising – “I’ll be home by midnight at the latest and restrict my “partying” so that Sunday will be a productive day”, or visiting social networking site such as Facebook after I have completed my study sessions.

[illegible]



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Things I need to change	How will I do them? Who can help me?
Me and I:	

What are two things I will *start* doing?

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What is one thing I will *stop* doing?

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