A Reflection on Motivation

Reflect on these three prompts to begin your action plan for change your motivation and productivity habits. Be honest with yourself in answering these prompts. Keep this worksheet as a reminder of the commitment you have made to yourself in changing your habits.

What is one thing you can do today or this week to improve your organization and scheduling habits?

Write an attainable goal you can achieve today or this week.

Some Action-able Options

- Set-up My Outlook Calendar for School
- Use Outlook to Schedule Study Time with Myself or a Friend
- Invite a Friend to an Outlook Meeting for Working Out
- Plan a Weekly Schedule for Studying, Working, Socializing, and Exercising
- Hold Myself Accountable to Follow My Schedule

Example Goal

- I will study for at least 1 hour a day between 9am-10am each day of this week.
- Research how to best set-up an Outlook calendar as a student by 5pm this Friday.
- Journal about my current academic experiences within my major and other areas I am interested in knowing more about by 9pm on Sunday of this week.
Free-write on the following:

Reflect on whether you are happy with your current academic (school) situation.

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Brought to you through collaboration of the Center for Academic Support and Instructional Design and Technology departments on the Johnson and Wales University, Denver Campus.

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