



Map your Motivation

What does a productive day feel like? _____.

Write down three reasons why you should motivate yourself to study for your class:

- _____
- _____
- _____

What are my goals for success in this class?

- _____
- _____
- _____

How, exactly, can I achieve those goals?

- _____
- _____
- _____

When will I do my studying for this class?

- Day of the week _____ Time: _____
- Day of the week _____ Time: _____
- Day of the week _____ Time: _____

- ✓ Keep one copy for yourself. Put it somewhere you will see if often, like right above your desk.
- ✓ Give another copy to your accountability partner: It could be your roommate, your significant other, or a parent, but make sure it is someone who cares enough about your studies to hold you accountable.