

## Getting motivated to keep up your work

At some point during of lives, we will feel unmotivated and may find ourselves not knowing where to begin with the tasks we have. We may feel that we are not able to complete anything and don't know where best to start. This is completely normal. We might feel unmotivated for only one day, or it might be for a couple of weeks, again this is completely normal. We can use different techniques and strategies to help us when this happens.

## Reward yourself with completion of work

- ✓ As you complete your classwork, tick it off your planner/to-do list. Set yourself a target, perhaps even negotiate this with parents, and once you have completed your target – give yourself a reward!

## Tips to get started

- ✓ Instead of making a list of all of the tasks you have to complete, make a list of the tasks that you have already completed that day; showered, dressed, ate breakfast, fed dog etc
- ✓ Once you have made a list of the tasks you have completed, see if you can add in a couple of the other tasks you know you should do and set a goal of completing them. Try to tick off a couple of your new tasks as-well.
- ✓ Where you have a number of tasks to complete try to prioritise them and put the most important ones at the top of the list. When you are doing this, note a deadline completion date for them.
- ✓ Make sure you are being realistic with what you hope to achieve in a day.
- ✓ Draw yourself a large bowl on a piece of paper. For every task you complete, draw a Pomodoro tomatoes in your bowl. To do this, and keep your tomatoes the same size you could draw round a two pence piece.
- ✓ Once the bowl is fill, give yourself a reward After the bowl is full, start the task again but see if you can do it faster!

