

THINGS TO REMEMBER

Tomorrow is a new day

Making mistakes is part of life

Saying 'no' is okay

Not everyone has to like you

Beauty & strength come from within



15th May 2020

This week's focus

This week we are looking at:

Article 3: The best interests of the child

Article 6: Life, survival and development

Ok, so this is week 7 of lockdown... are any of you struggling to motivate yourself?

Are any of you finding some days to be a drag and you tell yourself that tomorrow will be different but you still struggle to focus?



- Right now, things are crazy. Life doesn't look like it's supposed to. You can't see your friends. You can't come to school and hang out. You can't go into town and get takeout. You can't see your family. You can't go on holiday (many of you will have lost out already). You are not getting positive affirmations or the push you need from your teachers. You aren't having the days you are supposed to.
- Some of you will be missing all of this but still finding the motivation to do your studies and try your best. Why do some of you have this and not others? Is there something wrong with you if you don't have it?
- Of course not! We all are unique individuals with a unique set of circumstances.
- Some of us have struggles at home. Some of us have really noisy houses where studying is hard. Some of us are really missing people and finding ourselves feeling isolated and a bit down which makes us not want to do things.
- Some of us don't really like school much and long for the day when we can spend our days doing what we want. Some of us struggle with learning and doing it by ourselves is hard. Some of us just want structure and routine back and we don't know how to find it in ourselves.



- Why is it that we can get up super early on the day of our birthday or Christmas and just jump out of bed? Or the night before a holiday we can't sleep and wake up way before our alarm?
- It's because we want these things and we are excited by them.
- How do we make ourselves motivated for things we don't necessarily want to do?
- It's about seeing the bigger picture and realising that the actions we have now will have positive consequences further down the line.
- The old saying of 'short term pain for long term gain' is definitely a mantra to live by.
- You have to try to see a future beyond the now where you are doing what you want to do and being fulfilled by your life.
- What do you dream of? What sort of life do you want? If you don't know: don't worry. Keep showing up every day. Keep trying every day and striving towards your future and you will get there.
- The key to being motivated is never to stop believing that you have the right to have your dream. Step one is getting through school, trying your best everyday and keeping focused on becoming the best version of yourself.
- <https://www.youtube.com/watch?v=HDmlOhTYJCg>



Tips to help

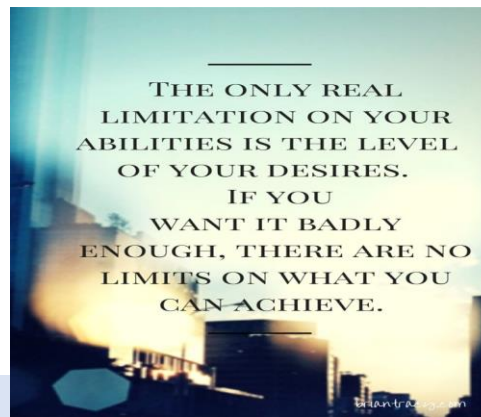
- **Discover why you procrastinate (put things off)**
 - Procrastination is a complex problem that can have many different causes.
 - You've convinced yourself that your homework is beyond your abilities
 - Putting off your homework is a way of rebelling against your parents or teachers
 - You've decided the topic is boring
 - You're waiting for the "perfect" time to start
 - The task has become so overwhelming that you don't know where to start
 - Understanding why you procrastinate is a key first step to getting motivated.
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- **One of the best ways to get motivated to study is to be very clear about why you want to get good grades in the first place.**
 - Make a list of the reasons you want to do well academically.
 - I want to learn more and develop myself
 - I want to develop the habit of pursuing excellence
 - I want to become a more focused and disciplined student
 - I want to have a meaningful career
 - I want to provide well for my family and my parents in the future
 - I want to know that I gave it my best shot
 - I want to live with no regrets
 - Write down your own list of reasons for studying hard, and put the list at your study desk. Then, when you're feeling unmotivated, read the list one more time.



More tips

- **Make a “boring” subject interesting**
- When you find it difficult to study because the subject is “boring”, ask yourself:
 - “Is the subject really boring, or does it seem that way because I have closed my mind to it?”
- As G.K. Chesterton once said: “There are no boring subjects, only disinterested minds.”
- **Create a study schedule**
- **Watch inspiring videos**
- **Think about what you want your future to look like**
- **Study in short bursts**
- Research shows that we learn better when we study in short bursts.
- **Don’t expect to feel motivated all the time**
- Strangely enough, one of the best ways to deal with a lack of motivation is to stop expecting to feel motivated all the time.
- The fact is that no one feels motivated all the time.
- So don’t rely on feeling motivated in order to get the work done.
- That’s why you need a study routine and study habits, because systems always beat motivation.

IF YOU WANT TO
CHANGE
YOU HAVE TO BE
WILLING
TO BE
UNCOMFORTABLE



- Here's a really interesting video about Tyson Fury and his struggles to motivate. Look at him now... Heavy weight champion of the world...
- <https://www.youtube.com/watch?v=bOzk0OLz0Jc>
- If you haven't managed to be as focused and motivated up to now, it's ok. There's always tomorrow to try again.
- Till next week CVCC, stay safe.

