

# Starting to Push Forward

Now that you know what can influence motivation in general, you can start to overcome low motivation. In this next section, we will cover:

- Types of goals
- SMART targets



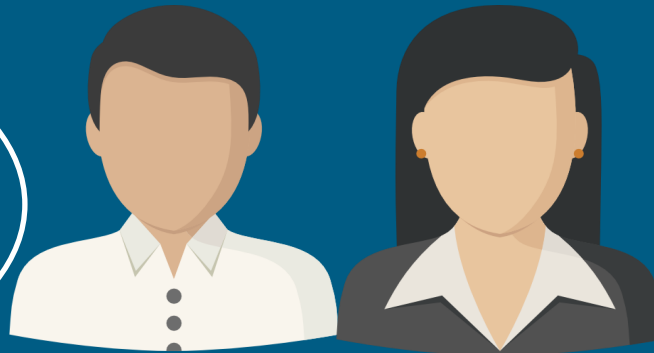
## Short-term goals:

To stay motivated, focus on the little things that are within reach and how your efforts will help you to achieve them.

## Long-term goals:

Remind yourself of what you're working towards overall and how this current task will help you push forward.

If I can finish off this next section of my essay, I'll be a third of the way there!



This essay will bring me closer to getting my degree, and the job that I want.

## If a task ever seems too big, think SMART

Thinking SMART is breaking down your task into more manageable goals.

<b><u>S</u>pecific</b>	Decide on a single area that you can improve on.
<b><u>M</u>easurable</b>	Find a way to track your progress.
<b><u>A</u>chievable</b>	Make sure that your goal is within your power to reach.
<b><u>R</u>ealistic</b>	Be confident that your goal is worthwhile and helps you in the long-term.
<b><u>T</u>imebound</b>	Set deadlines to reach your goal as motivation to keep going.

## Study example:

<b><u>S</u>pecific</b>	I want to read more course-related texts and resources.
<b><u>M</u>easurable</b>	I can measure this through a log of resources I've used.
<b><u>A</u>chievable</b>	This can be achieved if I spend 'x' hours a day focussing.
<b><u>R</u>ealistic</b>	Reading these resources will help improve my grade.
<b><u>T</u>imebound</b>	I can aim to read 'x' texts by the end of next Sunday.

## Wellbeing example:

<b><u>S</u>pecific</b>	I want to start eating healthier meals.
<b><u>M</u>easurable</b>	I can create a meal plan and make notes on how close I've stuck to it.
<b><u>A</u>chievable</b>	This can be achieved if I budget and follow a shopping list.
<b><u>R</u>ealistic</b>	If I eat healthier then it will improve my overall mood and attitude.
<b><u>T</u>imebound</b>	I can aim to cook at least three healthy meals per week.

## Checklist

- Can you identify some short-term goals?
- Can you identify some long-term goals?
- Select one of your goals - can you make this into a SMART target to help break down your tasks?