

LEARNING

DEVELOPMENT & SUCCESS

Motivation Self-Reflection:

Working on your dissertation works best when you are slightly relaxed, actively engaged and attentive to the process.

You know a lot about what it takes to get motivated. At this stage in your professional development, you have motivated yourself many times and were successful!

Individuals can vary considerably in developing their motivation. Try not to compare yourself to others and your approach will be unique.

These questions are here to help you reflect and review on what strategies and factors help with your motivation:

Remember a time in the past when you were quite motivated. What were you doing? What sustained you during this time? Think of the surrounding context and activities.

Do you have an organized plan to help guide your efforts to complete your dissertation?

Are there any space to work/write that you find particularly helpful for your motivation?

How do you remain actively engaged in your work?

When you find yourself quite motivated to write/work, are you solo? With others? Talking ideas aloud or writing them down?

When is your best time for motivation? Nighthawk or early bird?

What activities help sustain your working/writing motivation? Breaks? Junk food?

What obstacles can you identify right now that will hamper your motivation over the next day?
Week? Year?

How are you going to maintain sleep, exercise, health food and your sanity?

Critical self-care strategies – what's on your 'must-dos.'