



## LASSI Worksheet: Motivation (MOT)

Name: \_\_\_\_\_

### How increased motivation affects life as a student:

- It keeps you going, even when you reach some rough patches.
- Perseverance is the product of hard work and motivation.
- Sharing similar motivations and common goals with peers can keep you on track, and can open up the door to new friendships.
- One can be more likely to embrace challenge in order to accomplish their goals.

### Identify: What are some factors that affect your motivation?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

**Inspiration:** Sometimes, your own goals, drive, and passion can help motivate you during rough patches. What keeps you motivated when things get difficult? What are your goals? And why are your goals important to you?

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**Helpful Resources:**

**Blog Post About Getting Motivated to Study: Complete with Motivational Songs**

[tinyurl.com/jm2s56p](https://tinyurl.com/jm2s56p)

**Motivational GIFs to Get You Through Finals**

[tinyurl.com/h7ees9z](https://tinyurl.com/h7ees9z)

**How Failures are a Chance to Learn**

[Tinyurl.com/hl886pm](https://Tinyurl.com/hl886pm)

**Explore and Reflect:** Pick at least 2 of the resources and links on the previous pages, and check them out. Write about your reaction and experience with these resources and/or links. Which ones did you find most helpful? Why or why not?

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