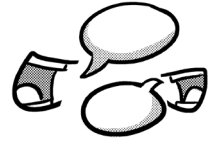


# The importance of motivation

Times of change can be scary, worrying and have an impact on our motivation. Let's try to embrace the changes and keep ourselves on track with completing school work and feeling happy. Use these top tips to help yourself to stay motivated.

## Stay focused

- Organise and plan your daily activities - be consistent each day with your routine.
- Set yourself mini goals daily and tick them off. Reward yourself if you achieve a set number during the week or day.
- Try not to procrastinate and get things done – watch this video - <https://youtu.be/AikgcMOQkb8>



## Maintain a sleep routine

- Try to go to bed at the same time each night and aim to get 8-10 hours sleep to function at your best.
- Remember your sleep has an impact on your mood, concentration levels and mental health.

## Connect with the world around you

- Stay connected with your friends, school and extended family members via online video chats, messaging or emails.
- Talk to people and ask for help if you feel sad, worried or have a low mood.
- Listen to podcasts which interest you, make you feel good and inspire you.
- Watch YouTube videos about fascinating things or motivational talks.
- Encourage your friends daily and make a pact to keep each other motivated.
- Read a book and write down some motivational things you have learnt from it.

## Do things you love

- Build little things you love into your routines such as listening to music, drawing or being outside with nature.
- Create a new playlist of your favourite feel-good songs or watch a feel-good film in the evening.
- Challenge yourself to do fun things around your home.

## Keep active

- Get out in the fresh air and go for a daily walk, jog, run or cycle.
- Design a home fitness workout for you and your family to take part in.
- Take part in an online yoga or fitness class on YouTube.



**Do little and often - mix it up every day!**  
**Variety is, after all, the spice of life!**