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**By Denny Price | [dprice10@radford.edu](mailto:dprice10@radford.edu)**

We all get to that point in the semester where we have zero motivation to do anything.

The lack of motivation can cause you to neglect many of your responsibilities. Sometimes it is hard to motivate yourself to keep going through the semester. Even though it is hard, it is possible for you to get that motivation and drive back.

Here are some ways to get that motivation back throughout the semester:

## **Write Down Your Goals**

One way that you can motivate yourself throughout the semester is to write down your goals.

When you write down your goals, it reminds you of what you are working towards. Putting your goal list in your planner, hanging it up in your room or even your bathroom helps with remembering them.

An alternative to the goal list is a vision board. A vision board is a visual form of your goal list. You can use pictures and words to represent your goals. Having this vision board in a place you look at every day is also essential.

Just like the goals list, having that constant reminder helps you remember why you started your journey and what is in store once you complete your goals.

## **Take a Time Out**

Another way to motivate yourself throughout the semester is to take time for yourself. Sometimes we get so busy and overwhelmed, we forget to take care of ourselves. If you do not take care of yourself, then you can get to the point where you do not want to do anything. Even though you may have assignments to turn in or tests coming up, you still have to take time out of your busy schedule to relax.

Try to take time out of your day to do something that is not school related. For instance, you could watch television, play a videogame, or even read your favorite book. Taking a little time out for yourself each day helps to keep your life balanced.

## **Celebrate Your Victories**

Celebrating your victories big or small is another way to motivate yourself through the semester.

Every time you do well on a test or complete your assignments, celebrate and reward yourself. Treat yourself by going out to eat or even buying yourself something. It does not matter how you decide to reward yourself, just celebrating the small victories helps you stay motivated and ensures you that you can do anything that you set your mind to.

## **Talk to Loved Ones**

Having friends or family that you trust and can talk to is a way to motivate yourself. Being around people you enjoy can take your mind off of all the things that you are going through. It is a way for you to vent about your worries and frustration.

Having someone to vent to also helps with the process of getting out of the rut you were in.

## **Get a Role Model**

Another way to motivate yourself is to have a good role model or mentor.

Having someone who has made it to the place that you are trying to get to is inspiring. Seeing or knowing the process that this person went through to get to where they are today can help you with your journey.

Sometimes we all need to push the reset button. It may be hard, but remember that you can make it through the semester.

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