



# How do you keep going when it's too much?

**01** Work with a classmate. Discuss the following questions.

1. What responsibilities do you have every week? At home? At school? Others?
2. Which do you find easy to complete? Why?
3. Which do you find difficult to complete? Why?

**02** Read "Dear Journal," and list the writer's strategies to stay motivated.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**03** Read the text again and write a summary paragraph of the benefits the writer receives from the different strategies.

Dear Journal,

It was just another crazy day with the exams, group projects, extra credit work at school, extra-curricular activities including swim team and debate club, and responsibilities and commitments at home and with my friends. It's hard to stay on top of everything I've got going on. There are days when I want to sleep, but I keep going. Here's how:

First, I **visualize** success. As soon as I notice I'm **procrastinating** preparing for an exam, I visualize the details of a successful **outcome**: a great score on a challenging exam, and how this success will make me feel delighted. This strategy helps build my confidence and enhances my focus and commitment to the goal; therefore, it helps jump-start my motivation when it's diminishing.

Second, my swim coach explains that whereas **negative self-talk**, such as "You're not good enough, it's too hard, you should give up," can be **self-defeating**, positive self-talk, such as "You're ready for this, you've trained, you're strong," provides a motivating psychological **boost** to motivate me to continue training or preparing. While it appears simple, it's highly effective.

Finally, I take a moment to pat myself on the back for the small wins. While significant achievements are worthy of celebration, little things like finishing my homework before dinner, helping my brother with something, and not losing control still deserve a reward. This technique may seem artificial, but it does build confidence. I am motivated to stay the course once I reward myself for sticking with something or making a small positive change.

Motivation levels rise and fall like the tides, but these techniques help keep me on track. I'm going to look for others too!

**04** Work in a group of three. Make a list of the strategies your group members use to stay motivated. Then, share your list with the rest of the class.



**05 Underline the conjunctions in each sentence. Then, write two more sentences with different conjunctions.**

1. She visualizes her goals every morning because it helps her stay focused throughout the day.
2. He breaks large tasks into smaller ones; as a result, he avoids feeling overwhelmed.
3. Some students rely on deadlines for motivation, whereas she prefers setting internal goals.
4. Even though he didn't feel like studying, he used a reward system to push himself.
5. Once she created a weekly plan, she found it easier to stick to her study routine.
6. \_\_\_\_\_
7. \_\_\_\_\_

**07 Your friend has asked for advice on staying motivated. Write a message recommending three strategies. Use the conjunctions from Exercise 5.**



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**06 Categorize the conjunctions from Exercise 5.**

Reason	<input type="radio"/>
Contrast	<input type="radio"/>
Concession	<input type="radio"/>
Time	<input type="radio"/>
Result	<input type="radio"/>
	6
	7

**08 With a group, discuss the following questions. Then, share your answers with the rest of the class.**

- › Do all motivation strategies work for everyone? Why or why not?
- › What strategies work for you?
- › How can someone find out which strategies truly motivate them?

