



Motivation & Attitude

Wake Up On The Right Side of the Bed

Your whole day really starts with waking up. Make sure you can wake up in a calm environment. This can be difficult at times. However, you can practice doing things in advance to prepare for the morning so everything will flow smoothly. For instance, try laying out clothing the night before, pre-pack lunches and snacks, and have all your assignments/books together before you go to bed. Examine your morning routine and do anything you can to make your morning a little easier. You will find that with the ease, you will be more apt to have a positive start to the day.

Spread positive energy

Wave at your neighbors, smile at people passing by, and try say hello to a stranger. Offering a little smile and a quick wave is a great way to spread your positive attitude to everyone around you. Part of staying positive has to do with your personal relationships. Take the time to socialize with friends as much as you can. This will help you stay positive and help your motivation continue.

Take Your Time

Be sure that you leave for work or school each morning in plenty of time to get to your destination. When people have to rush, they tend to become flustered. You will be more motivated in general if you give yourself enough time to accomplish tasks and will reduce the amount of stress in your day to day life.

Eat Lunch

People who claim they are unmotivated are often those that eat poorly and never exercise. When you are not taking care of yourself, it is difficult to stay positive and be motivated to do anything at all. Be sure to eat healthy meals throughout the day and never skip lunch!

Limit Media Influence

As informative as it can be, watching or reading too much media news coverage can be harmful to a positive person. The tragedy of it all is that the news is typically filled with depressing and over-dramatized events. The news crews choose the most dramatic things to put on the air or in print. Therefore, you are only seeing the worst of the worst. Try limiting yourself to this type of influence and you will be more positive altogether.

Pretend To Be Happy

One key trick to staying positive is to act positive even when you are feeling down. By acting like you are positive, you will find that you can lift your own spirits faster than anything else. Although it may seem like you are faking it, chances are no one will even know. The next time you are feeling down and not motivated, take on a positive attitude role and your motivation will come naturally with your character.

See a Counselor

We all need to vent and share our thoughts and feelings from time to time, and choosing a skilled, empathetic listener is important. CSU's Counselors can support students through this process. To set a confidential appointment, call 706-507-8740.

As you can see, there are many things you can do in order to keep a positive attitude throughout your days. These are minor changes in your day and in your attitude that can be done daily in order to train yourself to be a more positive person. When you are a more positive person you will be a more motivated person. This will all lead to a more successful life.
