Motivation & Procrastination



Knowing why you are revising can motivate you

1. Think about **why** you want to do well in your exams
2. Be positive about revision - it can be tough but it will **really help** when exams arrive
3. Focus on your goals and **do not compare** yourself to other people.



How to stay motivated

1. Set **small targets** and then reward yourself
2. Remember the **long term goal**
3. Plan something **fun** after your exams
4. Use a **checklist** so you can see the **progress** you are making



Procrastination wastes valuable time

Procrastination means putting off doing a task e.g. your revision

You need to avoid distractions

1. **Turn off** mobile phone or TV

2. Give yourself **regular breaks** to help stay focused
3. **No more** than an **hour** of revision at a time

Procrastination is the thief of time.