Stay motivated

Create a to-do list

Create a condition that allows progress by writing down your goals. The chance of you achieving them increases by 42% according to Dr. Gail Matthews, a psychology professor at the Dominican University of California. You also reduce your anxiety as the list is not usually as bad as what you imagine. How good does it feel to cross things off the list?

Set a deadline

Setting a realistic and achievable deadline gives you a sense of urgency and sets the stage for you to plan and create action steps. Ensure your timeframes are realistic. Break tasks down into smaller chunks.

Visualize achieving your goals

Visualization can help you increase your motivation. When you have a clear mental picture of what you want to accomplish and have the confidence to work toward it, you will feel more motivated. Before you start a task visualize yourself achieving it and how great it feels to accomplish the task.

Share your goals with someone

Sharing your goals helps you to stay on track and be accountable. Ensure you share your goals with someone encouraging and positive.

Change your "have to" into a "want to"

When you do something pleasurable, your brain releases dopamine to make you feel good mentally and physically. Thinking about goals that we are passionate about activates this reward system. This act of feeling pleasure generated by our mental reward systems is what creates reward-seeking behaviour and is a big part of the motivation.

Avoid high-level stress

High stress can lead to burnout and kill motivation. Low levels of stress can help us perform better by making us more alert. Stay healthy and prioritize your well-being. Exercise, sleep well, eat well, stay connected to friends and ensure you build relaxation into your study routine.

Reward yourself

Reward yourself for your success, no matter how small. When you acknowledge your efforts, you will feel energized, cared for, and contented, which boosts your self-command and helps maintain your motivation.

Seek support:
Medical School
Student Support

THE UNIVERSITY OF QUEENSLAND
AUSTRALIA

CREATE CHANGE