

- 1 Use goals and targets to motivate yourself, and others around you. Having specific targets, goals and deadlines can improve motivation (Latham and Locke, 1979). Consider setting goals in the morning, and checking at the end of the day, if you have achieved these goals (Cox, 2020). You may find it useful to use the [SET Professional Standards Self-Analysis Tool](#), to evaluate into which areas you may wish to focus more efforts on, in terms of your practice and professional upskilling.



TAKE 4 TIPS FOR SELF-MOTIVATION



- 3 With January seeing poorer weather conditions, shorter days and the post-Christmas blues, including the saddest day of the year, Blue Monday (Paul, 2021), it can be a difficult time to find motivation. Yet despite this, exercise and being outdoors, in nature, can have positive impacts on mental wellbeing, as can ensuring you make the most of natural light during the short winter days (Rimmer, 2021). For more advice on wellbeing, check out [our previous spotlight on mental health](#).

- 2 Subject-specific enthusiasm can have a positive impact on student performance (Mahler, Großschedl and Harms, 2018). If your enthusiasm is lacking at this time of year, consider completing an [ETF Industry Insights placement](#), to get out into the workplace, develop your skills and increase your knowledge by undertaking placements within industry

- 4 Maintaining social interactions with others, both in and out of the workplace is important to motivation, which is negatively affected by a lack of relationships (Stieg, 2021). If you are planning to, or already delivering T Levels, and you wish to collaborate with others, to develop, exchange and explore new ideas and ways of working, whilst also connecting with network providers across your region consider joining a [Network or TRIP through this link](#).