

How to Motivate

YOURSELF

to Stay in College in Your 30s and 40s and Not Give Up



HAVE THE END GOAL IN MIND AND PRACTICE POSITIVE SELF-TALK EVERY MORNING.

CONTACT THE OTHER STUDENTS IN YOUR CLASSES WHO SERVE AS YOUR SUPPORT SYSTEM.

HAVE INSPIRATIONAL MESSAGES POSTED EVERYWHERE AROUND YOU.

MAKE AN INSPIRING VISION BOARD.

TAKE A SHORT BREAK - GO TO THE MOUNTAINS OR THE BEACH TO CLEAR YOUR THOUGHTS.

READ A MOTIVATIONAL SELF-HELP BOOK.

WATCH A MOTIVATIONAL VIDEO ON YOUTUBE OR SEARCH FOR VIDEOS ON YOUTUBE.

REMINDE YOURSELF OF THE 3 REASONS WHY YOU ARE IN COLLEGE.

DECIDE ON ONE THING YOU NEED TO ADJUST OR CHANGE ABOUT YOUR EXPERIENCE TO MAKE IT EASIER FOR YOU TO STAY THE COURSE.

THINK ABOUT HOW REGRETFUL YOU MIGHT FEEL LATER IF YOU QUIT NOW.