

# Motivation

## Check Your V.I.T.A.L.S.

**Validate-** validate your feelings, the "I don't want to...", there is a real reason for how you feel.

**Imagine-** imagine yourself doing it peacefully and productively.

**Take Small Steps-** break down the project into bite-size pieces.

**Applaud Yourself-** encourage your efforts, cheerlead, and coach (e.g., enjoy the feeling of making progress on the project.)

**Lighten the Load-** remember what you are getting out of by doing this (e.g., reducing guilt, shame, or anxiety; avoiding the negative consequences of a bad grade; avoiding the disappointment of a parent or teacher, etc.)

**Sweeten the Pot-** add something during or after that you like, reward your efforts (e.g., enjoy the feeling of accomplishment.)

*Used with permission from the Triangle Area D.B.T.; Developed by Wilkerson, Moorhead, Safransky, 2002*

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