

ELWIN HALL

FROM THE PROTEAN CONNECTION

Q IT'S almost the end of the holidays and I seem to have lost my motivation for school. What can I do to refocus?

A THE lazy days of holidays are great for relaxing, unwinding and forgetting about our everyday world.

With thoughts of school in the background, you have been free to choose to do whatever you want, when you want and without deadlines, parents and teachers nagging.

Your current reality is your need to return to school so you can have choices about the future you desire.

To help remotivate yourself, try the following:



CLOSE your eyes and imagine you are 10 years older.

Where are you? What is it like? Who is with you? And why is it special to you?

Capture this future in a tangible form, as if it were now.

ENHANCE your work by making it visually attractive, using words and colour.

Put dates on your work by saying: "Me in 20 years" with today's date.

File it in your career/life planning portfolio.

HOW can parents, siblings, friends and teachers help you achieve this future?

DO YOU know anyone who has this type of future already?

Talk with them about the baby steps and the route they took to get there.

Once you know what you genuinely want, you are motivated to do whatever it takes to get there.

Revisit your career/life planning portfolio every six months to check if you are still on track.

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