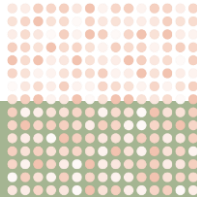




GLION SELF-HELP SERIES

Learning Support



Motivation & self- discipline



Staying motivated throughout the semester can be challenging — especially when assignments pile up, deadlines feel far away, or life gets busy. Motivation helps you start, while self-discipline helps you keep going even when you don't feel like it. Together, they are the foundation of strong academic habits and long-term success.



motivation

What is motivation and self-discipline?

Motivation

Your reason for doing something — your goals, values, or interests that inspire action.

Examples: finishing your degree, getting a good internship, mastering a subject.

Self-Discipline

Your ability to follow through on tasks even when you don't feel motivated.

Examples: studying regularly, sticking to deadlines, avoiding distractions.

You need both: motivation to start the journey, and discipline to finish it.



Why they matter?

- Increase productivity and reduce procrastination
- Help you build consistent habits and avoid last-minute stress
- Improve academic performance, confidence, and wellbeing
- Prepare you for professional life, where deadlines and expectations matter





Step-by-step: how to build motivation and self-discipline

1 Know your “Why”

Understanding why you study boosts motivation.

Ask yourself:

- Why is this course important for me?
- What long-term goal will this help me achieve?
- What kind of student or professional do I want to become?

Write your answers somewhere you can see them — your notebook, laptop background, or planner.

2 Set clear, realistic goals

Motivation grows when goals are achievable.

Use the SMART method:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Example:

“Finish the first draft of my assignment by Thursday evening after two Pomodoro sessions.”

(See our Self-help guide called: [Setting realistic goals](#))

3 Create a consistent routine

Self-discipline thrives on structure.

Try:

- Study at the same time every day
- Use a dedicated study space
- Block time for classes, work, and rest
- Start tasks with a 5-minute countdown (getting started is the hardest part)

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Small, daily habits beat bursts of motivation.



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4 Break tasks into smaller steps

Large tasks feel overwhelming and kill motivation.

Divide work into micro-steps, such as:

- "Find two articles"
- "Write 150 words"
- "Create one slide"

Every small win boosts momentum.



5 Limit distractions

- Put your phone in another room
- Use focus tools (Forest, Pomodoro timers) Clear your desk
- Turn off non-essential notifications
- Tell friends you're studying

Self-discipline grows when your environment supports



6 Reward yourself

Celebrate progress — even small steps.

Examples:

- Coffee break
- Walk outside
- Episode of a show
- Time with friends
- A hobby you enjoy

Rewards turn discipline into a positive habit, not punishment.



7 Accept imperfection

Perfectionism kills motivation.

Replace:

"It must be perfect." with *"I will start and improve along the way."*

Remember: progress → perfection.

8 Track your progress

Seeing improvement boosts motivation.

Try:

- Habit trackers
- Weekly check-ins
- Study logs
- To-do lists
- Journaling

Reflect on what's working — and adjust when needed.





Tips & Tricks

- Motivation follows action: Don't wait to "feel ready." Start small.
- Switch tasks if you're stuck — movement restarts momentum.
- Study with others: shared accountability increases discipline.
- Avoid all-or-nothing thinking: even 10 minutes is progress.
- Use visual reminders: quotes, checklists, vision boards.
- Take care of your body: sleep, food, and movement improve focus and willpower.



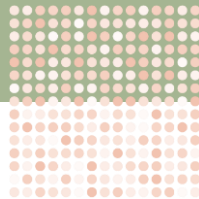
More information on the library website here:





Example: Motivation & discipline plan for a 2-week assignment

Day	Goal	Action	Sample motivation / reward
Day 1	Understand task	Read brief + brainstorm	Coffee at favourite place
Day 2	Start research	Find 3 reliable sources	30-minutes walk
Day 3	Continue research	Take notes + summarize	Watch an episode
Day 4	Plan structure	Write outline	Free evening
Day 5-7	Draft	Write 200-300 words per day	Small daily reward
Day 8-10	Revise	Edit, proofread, finalize	Weekend activity
Day 14	Submit	Upload and relax!	Celebrate!



Contact us

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