## STAYING MOTIVATED IN THE SECOND SEMESTER

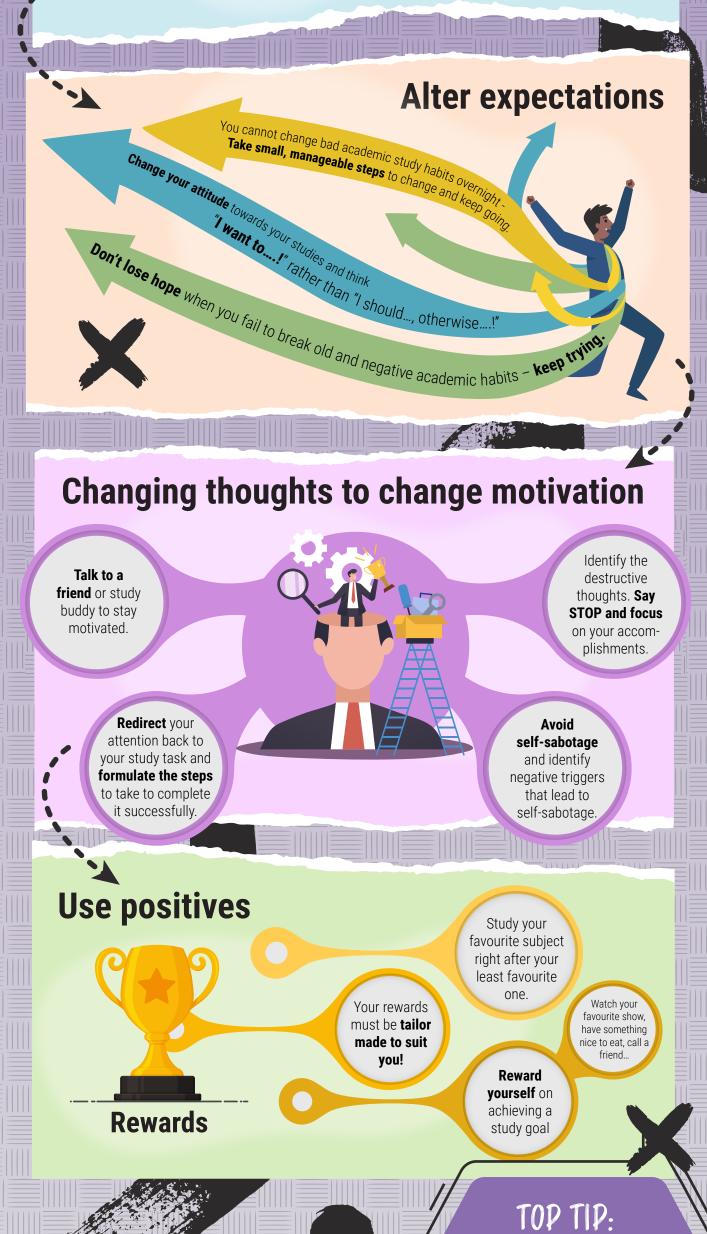
## Recognize the signs of weak motivation:





## **Focus on effort**





Stay motivated by reflecting on your professional and personal reasons for studying and visualise yourself in 10 years' time! Write down your reasons for sticking with your studies

• World record holder:

• 4 × 100 metres relay, • Winner two 4 × 100

• 100 metres, • 200 metres,

<sup>relay</sup> gold medals • Eight-time Olympic gold

and 2016

medallist in 100 m and 200 m in 2008, 2012,

I know what I can do, so I never doubt myself. Easy is not an option. Never quit. Be fearless. Talent you have naturally. Skill is only developed by hours and hours of work.

- Usain Bolt