

# Feeling unmotivated?

Let's set  
some  
achievable  
goals.

S.  
M.  
A.  
R.  
T.

If you're struggling to get motivated about your studies, set yourself some SMART goals.

**Specific.** What exactly do I plan to do? Read a chapter?  
Plan an essay?

**Measurable.** How much am I going to do?  
How many words will I write?

**Achievable.** What is realistic for me today?  
Am I planning to write a paragraph or a page?

**Relevant.** How will this help me progress my work?

**Timebound.** How long am I planning to spend on this task?

