



PRESIDENTS LUNCHEON

November 2, 2018 11:30 a.m.

5

STEPS

TO

STAYING

MOTIVATED

A WORD FROM A LITTLE PRESIDENT



S T E P 1

STEP BACK & GIVE YOURSELF 5 SECONDS

When you get overwhelmed or just discouraged just step back for a second...

- Close your eyes
- Take a deep breath (Woosah)
- Count Backwards **5..4..3..2..1..**
- Now refocus

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CELEBRATE THE SMALL VICTORIES

Sometimes looking at the big picture can seem impossible to accomplish.

Think about a puzzle, it takes small pieces to make a big picture.

- The small victories are what make the process enjoyable
- Its ok not to see big results instantly
- Progress is progress regardless of the size of it

S T E P 3

USE YOUR RESOURCES

Always remember you are never alone during this journey. You have resources and people on this campus that are willing to help at anytime....

- Your fellow constituents (you do not have to do it all)
 - Your Advisor
 - Rebecca Dunn VP. of Student Engagement
 - Michaela Brantley Student involvement Intern
 - Emmanuel Sims Assist. Director Of Residence Life and Student Involvement
 - Tricia Saunders Director of Student Involvement
 - Student Leadership Resource Closet
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FIND YOUR HAPPY PLACE.....

In this crazy world you have to find something that gives you happiness...

- What's your favorite song?
- What's a hobby of yours?
- What do you like to do for fun
- Find a balance between working hard and playing hard
- Go have some fun

S T E P 5

STOP WAITING.....

In the words of Nike just do it! There is no reason to worry and over think yourself about a task that has to get done.

- Plan out your ideas write them down
- Thinking about ideas is only **10%** of completing the goal
- The other **90%** comes from actually executing the plan
- Procrastination is not your friend (RUN!!!)

THANK YOU



CLOSING

REMARKS

TRICIA SAUNDERS