

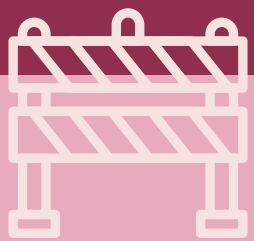
UNDERSTANDING MOTIVATION:

Barriers and Strategies for Success

MOTIVATION IN ACTION

Motivation influences **learning, work, health,** and our personal **goals.**

It affects not just what we do, but how **consistently** we do it



MOTIVATIONAL BARRIERS

- **Emotional Barriers** – Fear of failure
- **Cognitive Barriers** – Procrastination
- **Environmental Barriers** – Lack of social support

79% of college students report that they struggle with motivation

92% of people who set goals do not fully achieve them

STRATEGIES



- Create **Supportive** Environments
- **Balance** Your Motivators
- Build Good **Habits**
- Reduce **Distractions**
- Increase **Personal** Accountability

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