

## **Tips/Suggestions for Staying Motivated**

- **Things That Make Me Happy Book**
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  - \_\_\_\_\_
  - \_\_\_\_\_
- **Things That Make Me Happy Box**
  - Notes, Cards, Emails, etc.
- **Brag Box/Board**
  - Papers, Test grades, etc.
- **Quote of the Day**
  - <http://www.goal-setting-guide.com/quotes.html>
  - <http://www.successories.com/>
  - The Change-Your-Life Quote Book
  - \_\_\_\_\_
- **Take Pictures!**
  - Decorate your office with pictures of your student-athletes achieving their goals
- **Stay in touch with former student-athletes**
  - Phone calls, emails, facebook, twitter, etc.
- **Reach out to your coworkers and professional network**
  - High 5's
  - Highs/Lows
  - Creating new programs
- **Success Stories Journal**
  - Write your student-athletes' success stories down on paper

***"A lot of people have gone further than they thought they could because someone else thought they could"***

Unknown