

Staying Motivated When Learning Gets Tough

When you're tired, distracted, or overwhelmed, it's not that you lack willpower — it's often because key psychological needs aren't being met.



A Moment Like This...

Sometimes, you sit down to work but can't seem to focus. You feel distracted, restless, or unmotivated—and you might not even know why.

These moments often reflect deeper needs:

- You feel **stuck** or **unsure**: Your sense of **competence** is being challenged.
- You feel **pressured** or **obligated**: Your **autonomy** may be restricted.
- You feel **alone** or **disconnected**: Your need for **relatedness** might be unmet.

Before moving on, ask yourself...

- What's one way I can support my autonomy today?
- What small win can help me feel competent right now?
- Who can I connect with to feel supported?

Quick Motivation Reset

Feeling stuck or distracted? Try this:

- **Silence your phone.** Give yourself space to focus.
- **Take a deep breath.** Reset your body and mind.
- **Commit to 15 minutes.** A small start can shift everything.

Use this anytime focus slips. A small start can shift your mindset and get you back on track.

Quick Tools to Re-Center and Refocus

Technique	When to Use	How to Do It
Breath Anchor	Feeling overwhelmed	Set a 1–3 min timer. Sit comfortably. Focus only on your breath. When distracted, return gently to the breath.
Name & Distance	Intrusive thoughts	Notice your thought: "I'll never finish this." Reframe: "I'm noticing I'm having the thought that..." Then refocus: "Let's just start with one paragraph."
Soft Eyes + Whisper	Anxious or tense	Look softly at a neutral object. Say quietly: "I'm here. I'm safe." Place your hand on your chest for calm.