

# WHY DO YOU WANT TO SUCCEED?

If you're embarking on something new, it can be overwhelming to just start. If you're coming back after some setbacks, it can be discouraging to start the study process all over again.

You might see other people succeeding on social media. Why can't you?

Use this worksheet to list the reasons you persist. Write down quotes you find inspiring. What are your goals beyond achieving this goal? Is it getting into college? Medical school? Passing a registration exam?

Revisit this sheet before sitting down to study, and move your headspace somewhere positive.