

# YOUR MOTIVATION ROADMAP

## LOOK FORWARD

Look ahead into where you want to be, what you want to do, and what you want to accomplish. Set small goals and you'll see a big impact.



## GET INVOLVED

Get out and get moving. Find a hobby or activity that you enjoy and master it. Or Join a club on campus and make a lasting impact. Options are endless all you need to do is take the first step



## EXPLORE

Only you know what's best for you. Follow your gut and your true passions and don't be scared to try out new things. Explore your avenues to the fullest. Don't forget—You only live once!



## OFFER POSITIVITY

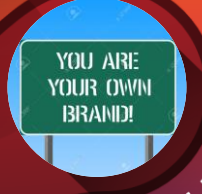
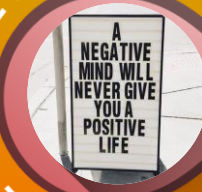
Always put your best foot forward and offer genuine support. Be in the moment and make the best out of every situation. Your positivity propels more positivity.



## STAY ORGANIZED

Have a planner, make a check list, or set reminders on your phone! Stay on top of your work and plan ahead. Little by little you'll get everything out of the way with ease.

# REDHAWK READY 2024



## FIND YOUR HAPPY PLACE

Surround yourself with people who bring out the best in you. Create your happy fortress and let in those you cherish and trust.



## DOWNTIME

A little time to yourself can go a long way. Take time to self reflect, meditate, and REST. Enjoy your own company, we all need a little downtime sometimes.



## REACH OUT

Talk about how your feeling, express your concerns, worries, even your joys and aspirations. You are never alone and there is always someone out there to help, JUST REACH OUT.



## CONNECTIONS

Build bridges. Connect with those who share common interests and ambitions. Put yourself out there and make yourself known. A simple handshake and conversation can get you places.



## BELIEVE IN YOURSELF!

Embrace who you are and believe in yourself. Be your own leader first and do what's best for you. Carpe Diem--Seize the Day.