

MOTIVATION AND THE ART OF TIME TRAVEL

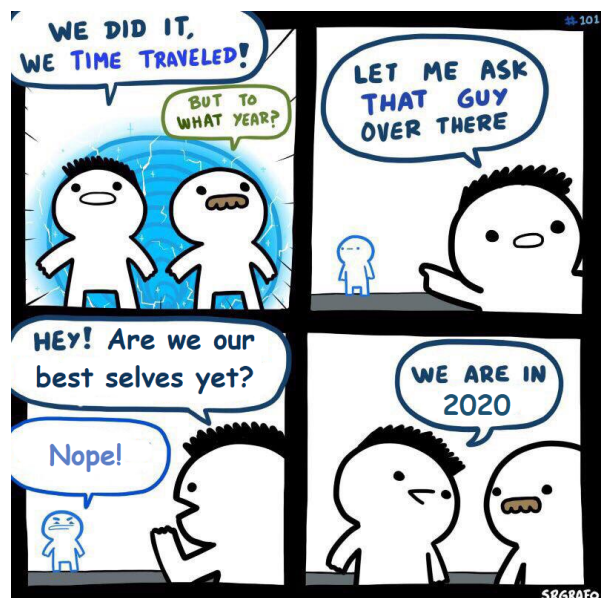
CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

Motivation is a tricky subject to discuss since it can often be something that is very fickle or fleeting. It can be here one day and missing the next. But today, let's discuss some ways to pull motivation from an unlikely place: your own future self! We're all familiar with time travel stories from all sorts of science fiction movies and books. While we can't pull tangible objects from the future, we can certainly work out ways to draw motivation from the future and in doing so, create that future in itself. Let's partake in a motivational exercise and learn how to alter the timeline!

STEP ONE: HOPE AND IMAGINATION

First, close your eyes and imagine your best and most hopeful future. Consider all sorts of minute details in as much depth as you can. Possible questions to ask and answer would be:

- Where do you live?
- What does your home look like?
- Where is your career?
- What is your lifestyle like?
- Do you have a partner?
- Do you have a pet?
- What are your relationships like?
- Where have you travelled?
- What have you achieved?



STEP TWO: TIME TRAVEL

As you consider your ideal life, consider what your personality would look like. Whether it be 5, 10 or 20 years ahead. Construct your future and visualize it as best as you can. Sitting with the feelings of what that positive future could be for you can often just be peaceful and encouraging on their own. But now we come to the next step, drawing motivation from them. So far, we've seen a visualization of what we're working towards but not quite the "how". Here is where you can ask yourself two critical questions to see how to move forward and what your next step would be:

- What would my future self do or advise me to do?
- What steps can I take today that will lead to that reality later?



The first question is simply so that you can be your best self of tomorrow, today. It's not as simple as being exactly like your ideal self but just taking reasonable slow and steady steps to get there. In summary, as a mentor of mine liked to say, "Be who you're becoming". The second question is to make sure that the motivation that you should have by now is directed effectively and not squandered without a plan. That it systematically leads you from the "you of today" to the "you of tomorrow". The last and final step of this process is to make it stick and to make it tangible. Remember those questions we've been asking? Write those down somewhere you can see them. Put up a Vision Board or a Dream Board somewhere you can't possibly avoid it so that this process happens everyday. So that even your most mundane actions today are imbued and energized with a sense of purpose towards a goal that you are working towards. Keep it as a reminder that even change is slow and difficult to see, it needs to be consistent for the results to show themselves. Even if you never quite hit those goals on time, you will still end up farther from where you started and closer to where you want to be in due time. This entire exercise hinges on one key factor: Hope. It can be difficult to complete this if you have little or no hope for the future and in that case, this can actually be somewhat discouraging. In that case, reach out to the reminders and the people around you that inspire that hope for a better future and a better you and, failing all else, reach out to your campus counselor.

**IN CASE OF ANY MENTAL HEALTH EMERGENCIES, REACH
OUT TO YOUR SCEW CAMPUS COUNSELLOR VIA PHONE OR
AT MINDHELP@SIU.EDU.IN**

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

Established under section 3 of the UGC Act 1956 | Re-accredited by NAAC with 'A' Grade (3.58/4) | Awarded Category - I By UGC