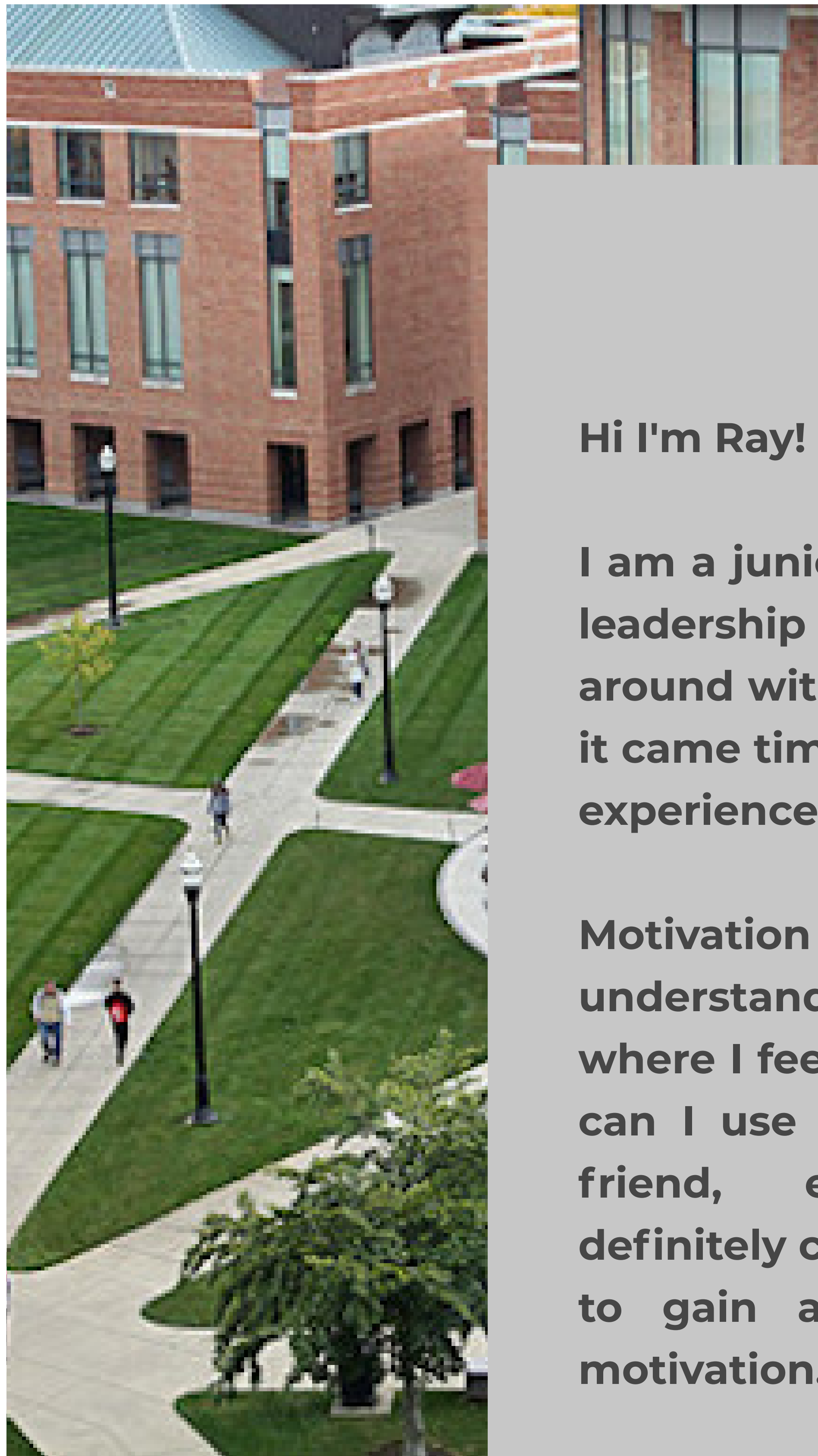




**RAY OF SUNSHINE  
MOTIVATIONAL  
JOURNEY**

**ESEPSY 1259**



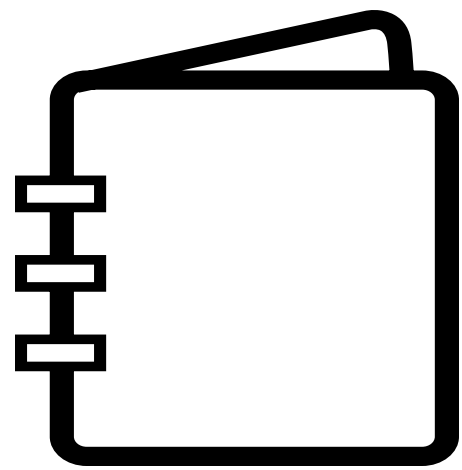
# WELCOME!

Hi I'm Ray!

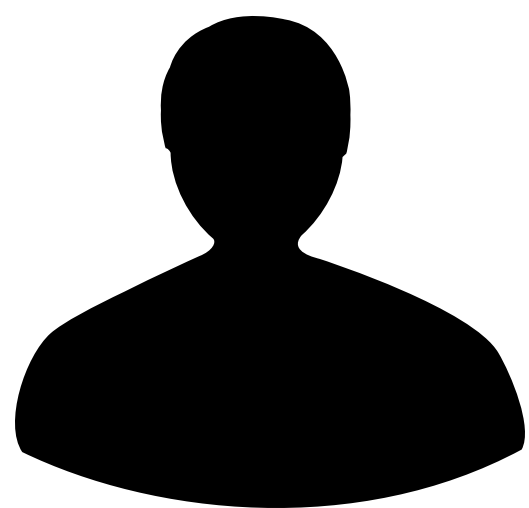
I am a junior at Ohio State studying marketing with a minor in leadership studies. Growing up, everyone always would joke around with my name and call me a "Ray of Sunshine" so when it came time to create a blog / comic hybrid on my motivational experience, I knew this was the right name.

Motivation is something I have always been interested in understanding. Why do I get up everyday? Why do I have days where I feel super accomplished and others not so much? How can I use my time better to be a more successful student, friend, employee, and person? This class has definitely challenged me to get out of my comfort zone in order to gain a more distinct understanding of learning and motivation.

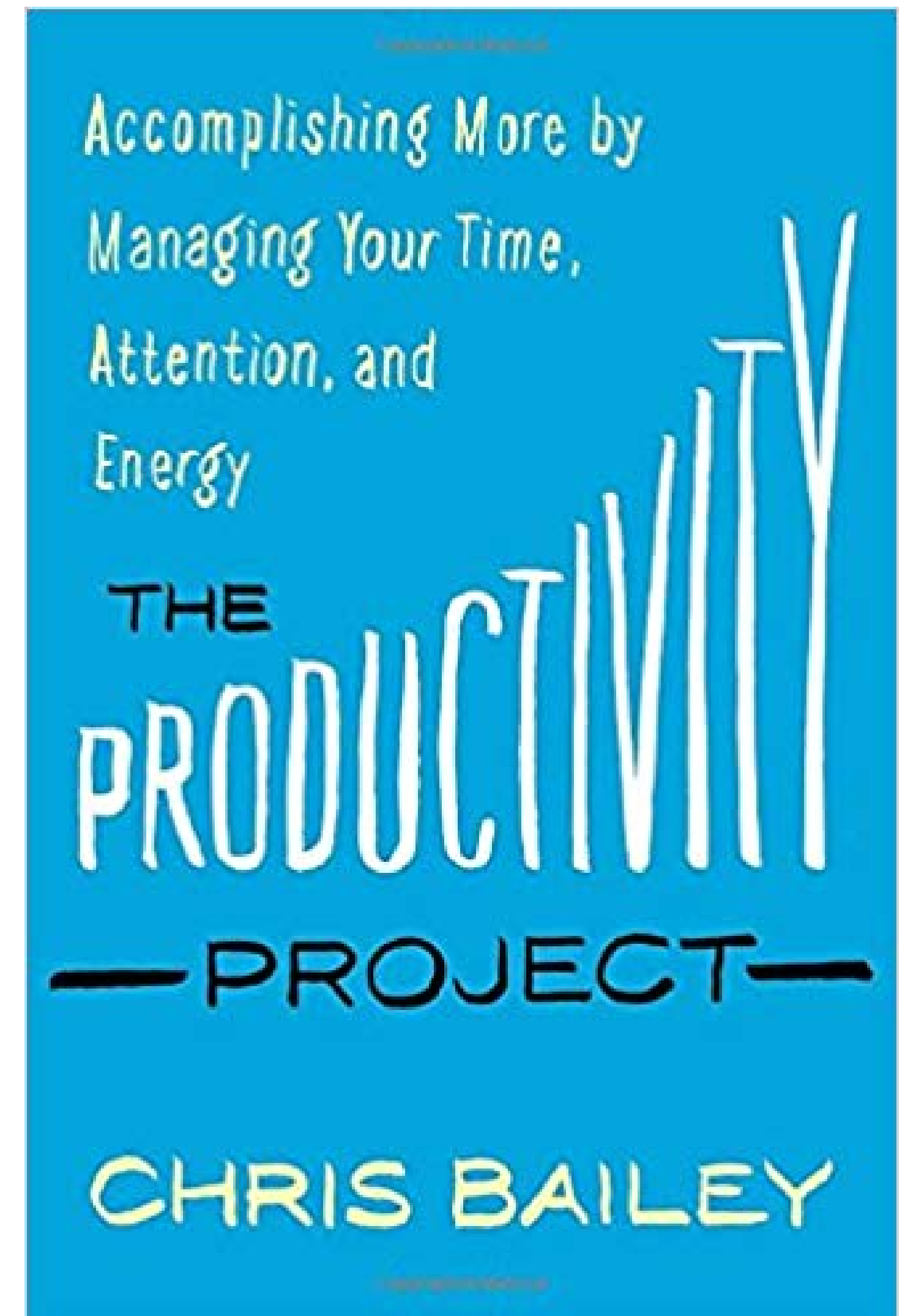
# Ray's book of choice...



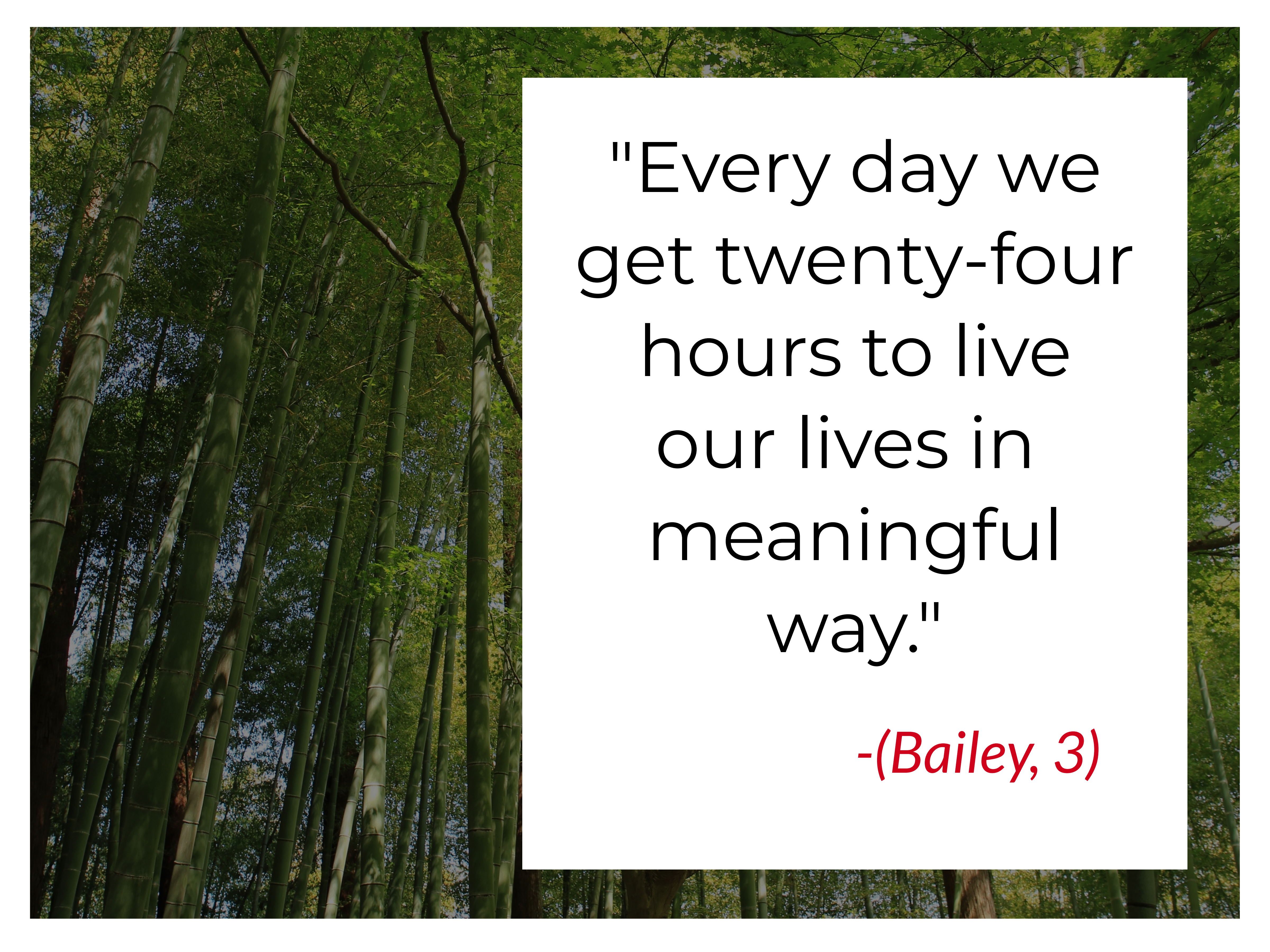
**The  
Productivity  
Project**



**Chris Bailey**



**First, I began by selecting a book that researched the many facets of productivity. Chris Bailey challenged me to be a more meaningful person throughout all tasks I complete. This book paralleled my motivational goals.**



"Every day we  
get twenty-four  
hours to live  
our lives in  
meaningful  
way."

*-(Bailey, 3)*

# GOALS

## 15 minutes of introspection each day

Throughout each day, I spend hours listening to lectures, attending meetings, completing assignments, and talking to customers. However, I realized I did not spend a lot of time being mindful with myself. Mindfulness to some could be meditation while to others it is cleaning their room. Whatever the task maybe, it is important to have some time with just yourself, your thoughts, and a relaxing activity.

## decrease phone usage

One major distraction for me is my phone. I often stop assignments to take a glance at it and then find myself spending more time on it than actually getting work done. I decided I needed to be more mindful of my usage in order to be more productive.

## created effective and detailed agendas throughout the week

I often have a few major tasks I need to complete each day (going to class, work, meetings), but I also have little assignments or tasks that I forget about. I decided I wanted to revamp my agenda planner in order to make sure I have descriptive and informational daily agendas.

strategy 1:  
**notification  
turn-off  
feature**

**strategy difficulty:** 5

**amount of time needed:** 5 minutes

**description:** The notification turn-off strategy is something I do when I know I have a very busy week ahead of me. What I do is I go to Settings--> Notifications on my iPhone and customize what I want to pop up for those apps. I tend to disable snapchat, instagram, twitter, and my gmail.

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**strategy difficulty:** 6

**amount of time needed:** 15-30 minutes

**description/experience:** One thing that has been so interesting about meditation is it can be accomplished in so many different ways. For me, I would section off 15-30 minutes to focus on my breathing and to focus on the present moment.

strategy 2:  
**meditation**

strategy 3:  
**finding my "why"**

**strategy difficulty:** 6

**amount of time needed:** 5-10 minutes

**description/experience:** One strategy that is discussed within "The Productivity Project" is "remembering your why". Whenever you are faced with a situation and you are struggling to find motivation, it is important to ask yourself, "why am I doing this?" Do you genuinely enjoy it? Does it help you grow as an individual? Whatever it may be, you should always remember it should always be your choice to participate.

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**strategy difficulty:** 4

**amount of time needed:** 20 minutes

**description/experience:** Keeping an agenda can be hard, however, there are so many amazing resources now to keep people accountable and on track. Some people stick with the classic pen and paper while others choose to explore the many tech-savvy options. Some of these include google calendar, the Apple calendar, etc.

strategy 4:  
**keeping an  
organized, long-  
term agenda  
using a variety of  
technological  
resources**

strategy 5:  
**daily task  
sheets**

**strategy difficulty:** 7

**amount of time needed:** 10 minutes

**description/experience:** A daily task sheet can be a little different than a long-term agenda, but these sheets can be very impactful to someone who is trying to stay on schedule. Many people, myself included, remember important dates, however, can forget about smaller assignments or obligations. Thus, I decided to take some time at the end of each night and write a list of tasks that need to be completed in the next day. Every time I would complete a task on the sheet, I felt a sense of accomplishment. Some tasks included basic things like making my bed or attending work. While I call them "basic" choosing to get up every morning in itself is an achievement.

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*All strategies were ranked on a 1-10 scale in difficulty:*

*1 = very easy  
10 = extremely difficult*



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**"To Be Everywhere is to  
be No where"**

**-SENECA**  
(Bailey, 190)

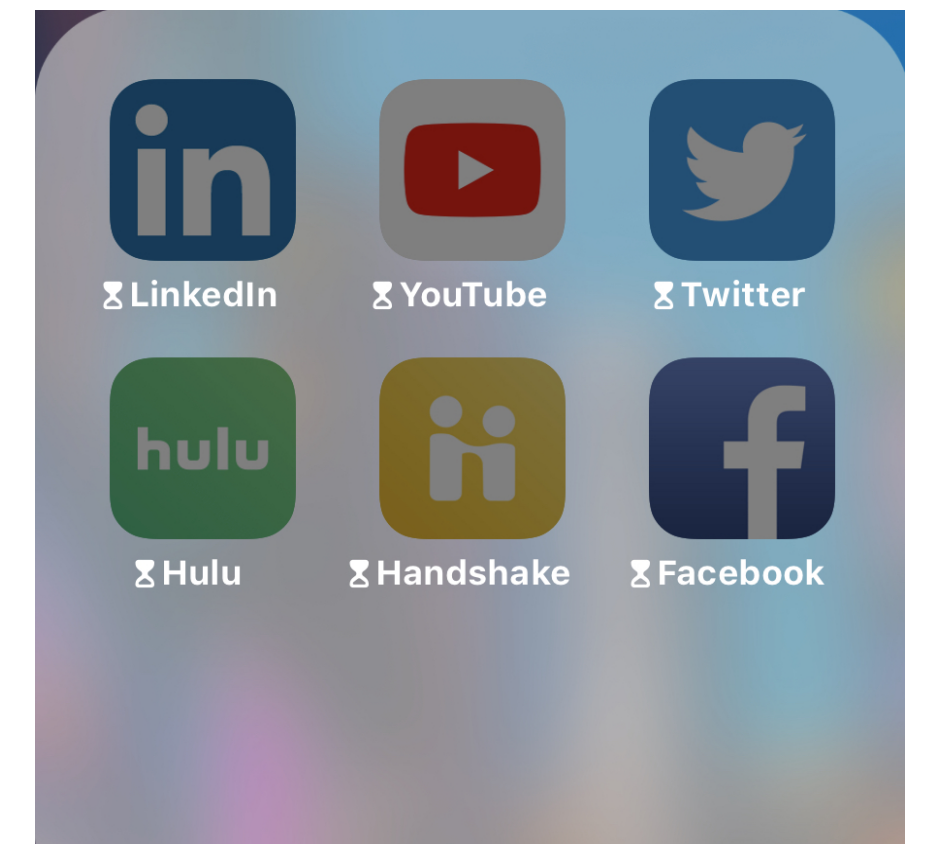
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# TRACKING METHOD 1: Notification Shut-Off and iPhone Analytics

Throughout the semester, I used the iPhone feature "Screen Time" to monitor my usage on my phone. It breaks down my usage and additionally gives me a comparison to previous weeks. Here is some of the results from a couple weeks ago.

I also decided to go through social media applications and disable the notifications. This has also limited distractions as one can see from the decline in my usage! This day I was actually below my average!

*This "App Lock" feature actually locks apps after a certain time (10pm was my set time)*



*This analytics features actually shows me how much time I spend on each application. It goes on a daily and weekly basis to create results.*



# TRACKING METHOD 3: Motivational Notes

One thing I enjoyed from the reading was the motivational notes and finding my why. One way I completed this was through personal notes to myself. This included using both iPhone notes and Word Documents. Below I have listed my notes from multiple weeks.

I was in Jacksonville for a business conference over my birthday, and these notes made me feel so much better about handling the stress of competing. Having an outlet to express your stress has been so important.

## *Memos from January 27th to February 17th*

<b>MEMO 2/17</b> 2/17/19 Motivational factors:
<b>MEMO 2/14</b> 2/17/19 Motivational factors:
<b>MEMO 2/11</b> 2/17/19 Motivational factors:
<b>MEMO 2/09</b> 2/17/19 Motivational factors:
<b>MEMO 2/03</b> 2/17/19 Motivational factors:
<b>MEMO 2/01</b> 2/17/19 Motivational factors:
<b>MEMO 1/31</b> 2/17/19 Motivational factors:
<b>MEMO 1/29</b> 2/17/19 Motivational factors:
<b>MEMO 1/27</b> 2/17/19 Motivational factors:

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3/25/ 2019  
Motivational Factors: Pi Sigma Epsilon

This organization is my why because it has made me the professional, student, and friend I am today. It has taught me how to work hard but also how to take some time to enjoy college. I had friends when I first came to Ohio State, but I never knew that joining a business fraternity would change my life. I am so thankful for them and their support.

3/27/2019  
Motivational Factors: Schoolwork

Being in Jacksonville has been great. I have made so many connections and attended so many opportunities. However, I'm not really feeling motivated to do homework right now. It's hard balancing schoolwork and extracurricular, but I know it will be worth it. Someday I'm going to wish I had the time to do these sorts of fun events, and I know I can handle the stress.

3/ 30/ 2019  
Motivational Factors: It's My Birthday!

Being away from home is tough, but I am happy to be with people I genuinely enjoy being

## *Memos from March 27th- 30th*



# my experience and takeaways!

***Lessons Learned: Always know that YOU are the boss. When it comes to motivation, no one will know truly the best strategy for you besides you. Through the failures and the success, always know that it is going to be okay.***

***Insights Important to Me: Using a calendar, knowing my "why" and turning off my phone will always be something I continue to use even after this course.***

***My advice to others: Have a group of people you can go to about anything. School, work, and life are HARD. It is okay to have bad days and it is encouraging knowing that I can embrace struggle with ease because of the friendships and network I and we all have (yes you too, you just might not know it)! Find good people. Be a good person.***