



how to:

MOTIVATION

I DON'T FEEL MOTIVATED

I'll just wait until I am

But wait
action
leads to
MOTIVATION



Motivation is an action not a feeling. we wait around for the feeling of motivation to come but sometimes it never does. Action is the predecessor for motivation
tip: just do something.

Motivation Hacks

REWORD

I need to feel
motivated and then

I'll take action

->

I need to take
action and then I'll
feel motivated

DIMINISH ALL OR NOTHING THINKING

Anything is better
than nothing.

Taking 5 minutes
out of your day is
better than 0

GET SPECIFIC

Break your big
picture goals up
into smaller more
manageable goals

REMEMBERING THE WHY

Why did you make this
goal? How will it impact
you if you do or don't
achieve it?



Do this

Action -> Motivation -> More motivation..... and probably a mega boost of self efficacy :)

START saying

- I need to take action to get motivated

Not this

Motivation-> Action -> Waiting for more motivation

STOP saying

- I need to get motivated before I take action
- 