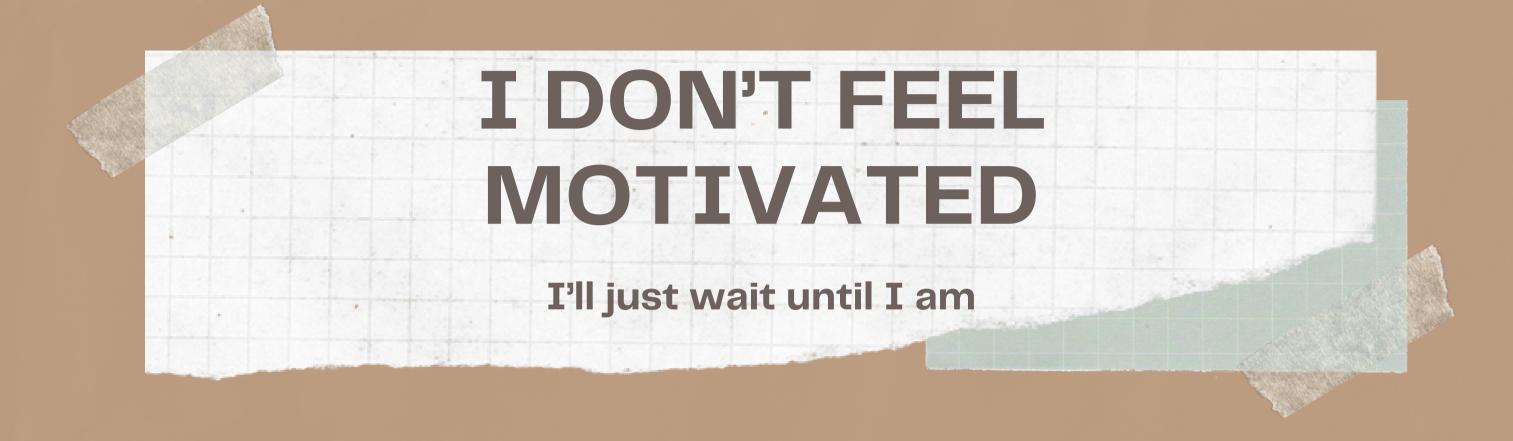


how to:

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 O

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