

10

ways to boost your MOTIVATION

1 Break It Down

Break down your work into individual steps - this will help you tackle the challenge in smaller, more achievable tasks.



2



Enjoy

Find enjoyment in what you're doing.

3

Travel



Enjoy the journey, not just the outcome!

4

Improvements

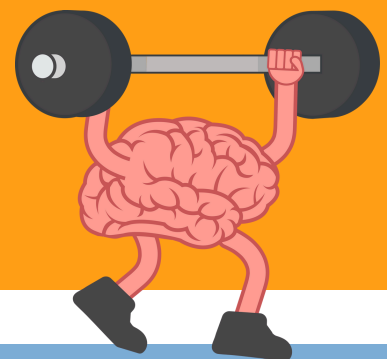
Measure success by how much you have improved (don't compare yourself to others).



5 Challenge Yourself

5

Challenging yourself will promote personal growth and improve your confidence.



6



Right People

Surround yourself with positive, hard-working people.

7



Think 'Why?'

Remind yourself why you are doing this!

8

Choose

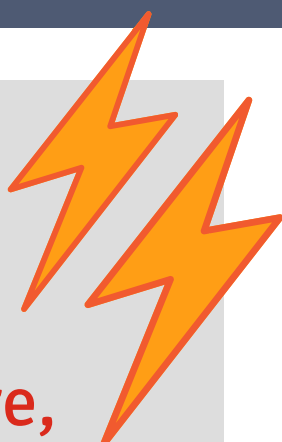
View decisions as active choices, not sacrifices.



9

Manage Stress

Some stress is good. Too little and you won't care, but too much may overwhelm you.



Targets

10

Set yourself clear and achievable goals.