



Pandemic KILLED My motivation!

It can feel that way BUT, there are things we can do to right the ship! Here are just a few suggestions:

[How the pandemic killed your motivation. By Cory Stieg](#)

- Create daily rituals!
- Set up routine cues!
- Reward yourself the right way!
- Don't be too hard on yourself!
- Know your triggers...

[5 ways to fix your fitness and undo pandemic pounds by Randy Garn](#)

- Structure!
- Keep it moving!
- Stay accountable!
- Drink more water!
- Exercise!