

get motivated CHEAT SHEET

START YOUR DAY RIGHT

Look at your goals and remind yourself why they are important. Reflect on what you'll gain when you achieve these goals.

Focus on the positive and channel positive emotions into your day ahead.

Create a positive mindset through affirmations as a great way to start your day.



CREATE BOUNDARIES

You'll be able to motivate yourself better if you're willing to step away and take a breath.

Do activities throughout the day that help you de-stress, if stressful tensions arise. This might be taking a walk, playing a game, meditate.

Remind yourself that you are doing really well and that you are taking control of your thoughts and actions.



PRIORITIZE

Take control of everything you need to do by writing a to-do list. Prioritize items on this list so that the more important things get done first.

Create boundaries around what will help you succeed and connect with people that are like-minded and will support you.

Break down larger tasks into smaller, more manageable steps.