

What Motivates You?

How do you take lemons and make lemonade?

Self Motivation...

- is a **DRIVE** from **WITHIN**.
- is either **intrinsic** or **extrinsic** motivation.
- will have its **challenges** but you can **overcome** them.
- always goes back to make sure your goals are **SMART** goals.
- is **YOURS** and do **NOT** let anyone take that away from you.

Listen and take notes:

Keep a positive mindset!

