



GET MOTIVATED !

KNOW WHAT YOU WANT

Know what you want, why you want it, and make sure your desired outcome is 'ecological' - good for you and for the people you care about.

TAKE ACTION

Do something towards your goal every single day! No matter how small, taking action increases your motivation.

IS IT WORKING?

Notice the results you get from your actions. Are your actions taking you closer, or further away, from your goal?

BE FLEXIBLE

If it's not working, then change your approach. If you keep doing what you're doing you'll keep getting the same result!

Need help?

One to one goal setting sessions are now available for just £49 - check out www.leadingconfidently.biz