

# 10 ways to boost your MOTIVATION



## Travel

Enjoy the journey, not just the outcome



## Think Why

Remind yourself why you are doing this



## Enjoy

Find enjoyment in what you are doing



## Choose

View decisions as active choices, not sacrifices



## Right People

Surround yourself with positive, hard-working people



## Targets

Set yourself a clear, ambitious & accurate target



## Improvements

Measure success by how much you've improved (not comparing others)



## Break it Down

Focus on your next step - this will break the challenge down into manageable steps



## Challenge Yourself

If the task matches & stretches your ability, you will get immersed in it



## Manage your Stress

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