

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