

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO KEEP YOURSELF MOTIVATED



Have you been feeling uninspired or indifferent lately? Engaging in activities can help boost your motivation.

“Courage is grace under pressure.” — Ernest Hemingway

Sometimes it can be difficult to have a lot of tasks and assignments going on at once. Add on the many things going on in the world around you and you can be left feeling very overwhelmed. Feeling busy and overwhelmed can lead to feeling tired and unmotivated. Taking a brain break always helps, but how do you get back into the groove of things? Consider strategies to help you feel more motivated to continue forward and to continue helping the world around you.

You can practice courage today by taking a good look at why you are feeling unmotivated, reflecting on why the tasks you’re working on are important to you, taking steps to work on your task, and rewarding yourself for it.

Practice Courage Today:



1. TAKE A BREAK!
2. REFLECT ON WHY YOU HAVEN'T FELT MOTIVATED AND REMIND YOURSELF WHY YOU ARE DOING THINGS.
3. FIND SOMETHING NEW TO ENGAGE IN, SUCH AS A NEW HOBBY OR A NEW PROJECT THAT CAN BOOST YOUR MOTIVATION.
4. WORK ON THE TASK THAT HAS BEEN MAKING YOU FEEL UNMOTIVATED.
5. IT TAKES COURAGE TO TRY A NEW STRATEGY, SO DON'T FORGET TO REWARD YOURSELF FOR WORKING ON THE TASK.



Parent Practice Tip:

Talk with your kids about how it feels to be unmotivated and show them how you motivated yourself.

To Learn More:

What is Courage?

Kids Get You FIRED UP to Start Your Day.

www.ChooseLoveToThrive.org