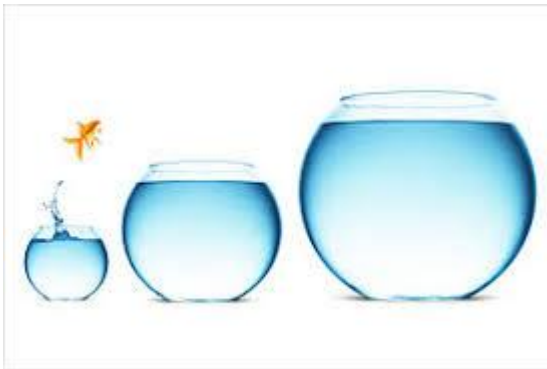




Where The Heck Did My Motivation Go?

Everyone goes through 'slums' from time to time. You know... motivation takes a dive, you feel lethargic but your anxiety is a bit overwhelming all at the same time.... Well the good news is that a slum can be overcome with the right tools. Here are 5 important steps to working your way back to your normal....

- 1) Start small.... I mean, REALLY SMALL.



- 2) Read about it daily (whatever you need motivation with)



3) Post Your Goals Where You Can See Them.

If not on socials media, then on your fridge or wall at home .. on your office desk or a stick note on your computer... But have your goals WRITTEN DOWN for you to see.



4) Commit Publicly. You do this for two reasons. One , you don't want to let your mates down (even though that's not actually the case) and Two, you instantly have a cheer squad.



5) ASK FOR HELP – on anything that you don't know. "You Don't Know Till You Know"

