

MODULE 2

SUMMARY AND

REFLECTION

What do you have without motivation? A huge need for willpower and discipline – neither of which is very durable. When you can motivate yourself, you have the power to create any result you desire.

These strategies will help you develop the motivation you need to overcome obstacles and reach your goals:

- Give your attention to things that you can control.
- For any task, find a purpose that inspires you.
- Focus on small wins.
- Act first, and motivation will follow.
- Enhance your mood. Happiness is a big factor in motivation.

You can maintain your motivation by incorporating these actions into your daily routines:

- Love who you are. Each day, affirm that love.
- Accept your stage in life. Remind yourself that all things happen in good time.
- Surround yourself with positive energy.
- Help others.
- Each day, take a step toward your goals, particularly the one that is most important to you.

Enthusiasm can eventually lag, no matter how committed you may be, especially when you're going through rough times. The ability to generate enthusiasm at will is among the most valuable.

These techniques can boost your motivation during these times:

- Visualize yourself overcoming your challenges.
- Minimize stress.
- Stay focused.
- Keep things fresh – vary your routines from

time to time.

- Avoid procrastination.
- Keep an open mind.
- Don't sweat the little things.

SELF-REFLECTION EXERCISES:

1. Considering your friends and family members, which ones are the most positive? How do they make you feel when you're around them?
 - On the other hand, which ones are the most negative? How do they make you feel?
 - Wouldn't you love to bring more of those positive feelings into your life? What can you do to encourage more positivity? Take action to make it happen.
2. One way to boost your motivation is to give yourself a reward whenever you've accomplished steps towards your goals. You'll associate pleasure with moving forward, and want to do it more. What are some rewards you can give yourself for achieving incremental goals?

3. Pick one challenge that is currently stopping you. Brainstorm solutions. Pick the solution that would work the best for you and visualize yourself putting this solution into motion. Visualize it in detail several times each day. Take steps to try this solution.
4. Determine 2 ways that you can lessen your stress on a daily basis. How can you work these ways into your daily routines?
5. Reflect on the goal that is most important to you. Why do you want to accomplish this goal? Write down as many reasons as you can think of. When you find yourself struggling with moving forward, always remember your “Why.”