

Get Motivated!

GOOD HABITS CAN HELP YOU ACCOMPLISH A LOT EVEN WHEN YOU DON'T FEEL MOTIVATED. WHEN YOU HAVE HABITS IN PLACE, YOU WILL GET THINGS DONE WITHOUT EVEN THINKING ABOUT THEM. WHAT ARE SOME THINGS YOU DISLIKE DOING THAT YOU COULD MAKE INTO A HABIT?

HOW DO I FEEL WHEN I COMPLETE THESE TASKS?

Motivation is what gets you started. Habit is what keeps you going.

-Jim Ryun

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HOW DOES COMPLETING THESE TASKS MAKE MY LIFE EASIER?

HOW DO I FEEL WHEN I LEAVE THESE THINGS UNDONE?

Your little choices become habits that affect the bigger decisions in your life.

-Elizabeth George

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HOW DOES LEAVING THESE THINGS UNDONE MAKE MY LIFE MORE STRESSFUL?

WHAT 3 THINGS CAN I WORK ON TURNING INTO HABITS OVER THE NEXT MONTH?

Positive choices made repeatedly become seemingly automatic.

-Cathy Burnham Martin

