

Tips to Increase Motivation!

1. Visualize the prize

Think of how things would look differently if you suddenly had all the motivation in the world. There would probably be a lot of positive effects! Every time you start to feel unmotivated, try to refocus on all the good things that will happen when you reach your goal. It might help to draw a picture of it or write it down.

2. Write down positive statements

It can be easy to feel like giving up when you're working really hard towards a goal. What are some positive things you can say to yourself to help you refocus? Write these statements down, and put them somewhere you can see it every day!

3. Take small steps

Motivating yourself can be hard if your goal seems so big and so far away! Rather than looking at how much work you have left to do, break it down into smaller steps. Every day set a new goal for yourself that will bring you closer to your big goal. Remember to 'pat yourself on the back' whenever you make any progress!

4. Make it a challenge

Challenges and competition are things that can get us excited and energized. Is there a way you can challenge yourself in reaching your goal? Maybe there's a friend or family member who has a similar goal. You can turn it into a fun and healthy competition. Remember, whenever people are working towards a goal, there are never any losers - just winners!

5. Reward yourself

Finding a way to reward yourself can help keep you motivated. Every time you reach a small or big goal, find a way to give yourself a prize. It doesn't have to be anything big or cost a lot of money. Talk to your parents and see if you can think of fun rewards for the progress you make towards your goals.

