

6 WAYS TO STAY MOTIVATED IN A SHIT-STORM and other times too...

Challenge

yourself with daily goal



What's the thing you can do to make today a success?

Remember

what's important



Go back to the beginning and remember why its important to do this thing

Celebrate

successes



Reward yourself for what you achieve - those accomplishments are brilliant!

Learn

and level up



Learning or doing something novel and new is hugely re-energising

Move

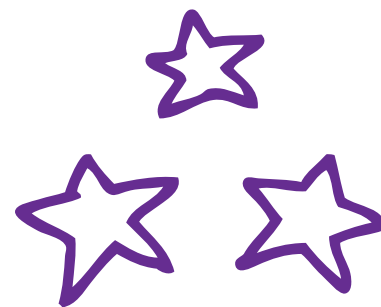
your self!!



Get moving - physical exercise or even a change in location brings new thinking

Hang out

with the Rock-stars



Get inspired by spending time with successful people