

# POSITIVE WAYS TO MOTIVATE YOURSELF FOR SUCCESS



## UNDERSTAND THAT YOU ARE HUMAN AND NOT PERFECT

There is freedom in acknowledging and accepting our faults and imperfections.

## BREATHE

Remind yourself to breathe when you find yourself getting frustrated. This will calm you down and give you time to re-focus.



## SET ATTAINABLE GOALS

Allow your acceptance to point you toward areas where you want to grow or improve. In establishing those areas of needed growth, set attainable goals.



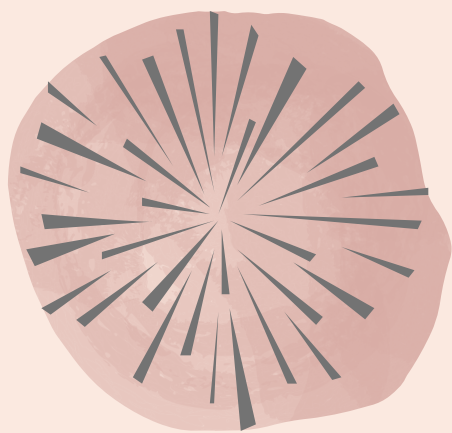
## BE KIND TO YOURSELF

Remind yourself that achieving goals takes time. Be kind and extend yourself grace while working toward your goals.



## CELEBRATE VICTORIES

Celebrate EVERY victory! Even your perceived small victories propel you toward that overall win.



**ALLOW THE POSITIVE ENERGY THAT COMES WITH CELEBRATING EVERY WIN TO PROPEL YOU FORWARD EVEN ON THE HARD DAYS!**