

EMPOWERING PEOPLE.

BUILDING SKILLS.

CREATING OPPORTUNITY.

STAYING MOTIVATED

MOTIVATION COMES
AND GOES.
DISCIPLINE KEEPS
YOU GOING.

Staying motivated helps you overcome challenges, stay focused on your goals and keep moving forward – even on the tough days.



WHY IT MATTERS

Motivation helps you take action, build confidence and stay committed to your goals. It turns your plans into progress and your dreams into reality.

8 WAYS TO STAY MOTIVATED



1. REMEMBER YOUR WHY

- ✓ Think about why your goals matter to you.
- ✓ Keep your reasons visible and remind yourself daily.



Your why will keep you going when it gets tough.



2. SET SMALL, ACHIEVABLE GOALS

- ✓ Break big goals into small steps.
- ✓ Celebrate each step forward.



Small progress leads to big results.



3. CREATE A PLAN AND STICK TO IT

- ✓ Plan your days and weeks in advance.
- ✓ Having a routine builds momentum.



Consistency creates success.



4. STAY POSITIVE AND FOCUSED

- ✓ Focus on solutions, not problems.
- ✓ Replace negative thoughts with positive ones.



A positive mind creates positive outcomes.



5. SURROUND YOURSELF WITH POSITIVITY

- ✓ Spend time with supportive, uplifting people.
- ✓ Avoid negativity and energy drainers.



The right people will lift you higher.



6. VISUALISE YOUR SUCCESS

- ✓ Picture yourself achieving your goals.
- ✓ See it, believe it, achieve it.



Your mind believes what you picture.



7. TAKE CARE OF YOUR ENERGY

- ✓ Rest, eat well and take breaks.
- ✓ Look after your physical and mental health.



Your energy fuels your motivation.



8. CELEBRATE YOUR PROGRESS

- ✓ Acknowledge how far you've come.
- ✓ Reward yourself for your effort and growth.



Celebrate progress, not perfection.



IT'S OKAY TO HAVE OFF DAYS

Everyone has tough days. What matters is not giving up. Be kind to yourself, reset and keep moving forward.



You are capable.



You are stronger than you think.



You are making progress.



YOU'VE GOT THIS.



REMEMBER

Motivation might start you, but your habits will keep you going. Trust the process. Believe in yourself.



STAY FOCUSED. STAY POSITIVE.
STAY COMMITTED.
YOUR FUTURE IS WORTH IT.



NEED HELP OR WANT TO LEARN MORE?

We can help you build your confidence and wellbeing with our resources, guidance and training. Get in touch with Drae & Dre Collective CIC for support.



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www.draeanddre.com



BETTER WELLBEING
BETTER YOU
BETTER OPPORTUNITIES