

Topic: Self-Motivation

Breathe

Today we have a short guided visualization to help you in setting your mind to unlock your self-motivation. Use this daily before attending meetings, work or school. Can also be used just prior to bedtime to go to sleep with confidence, determination and belief.

[Click here](#)



Learn

Self-motivation is powered by focusing on WHY you are taking action. In this video, we explore 4 simple tricks to stay motivated every day. If you are looking to lose weight, work out, stay in school or any other goal, you have to know the secret to self motivation. This psychological concept is tricky, but you can master it!

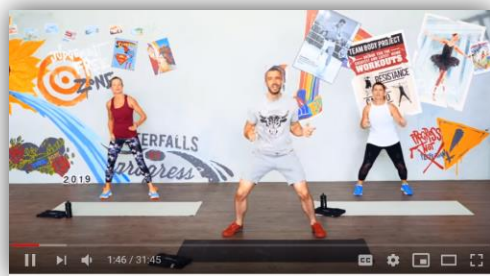
[Click here](#)



Move

Here's a fun beginner, low impact workout. Bonus- the trainer has a fabulous accent to keep you motivated! Come and workout with the team at Team Body Project- support, kindness and RESULTS!

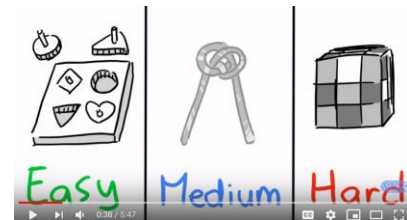
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Grow

Motivation also relates to Locus of Control. First, [take this 13 question test](#). Now, check out the video below...

[Click here](#)



Finally, how can this concept help children to consistently be more self-motivated? Does it inspire new ways to talk about doing hard things?