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Mel Andre

# HOW TO STAY MOTIVATED

A Guide To Motivate Yourself



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## 1. Have a Growth Mindset

A growth mindset will help you stay focused no matter what obstacles come your way. When you develop a growth mindset, you understand that failure isn't permanent it is an opportunity to grow. You are open to constructive criticism because you know it will help you and you are open to trying new things





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## 2. Positive Affirmations

Positive Affirmations are positive phrases that you repeat to yourself.

You should speak these positive phrases to yourself when you are doing great to help you affirm what you have been doing . You should also repeat them when you are stressed to help keep yourself in a positive mindset. Repeating these phrases will help give you a motivational boost.





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## **3. Focus On You Goals**

If you are not feeling driven or motivated take a look at your goals. reread what you want to accomplish. Remember why you started the project in the first place.

Make sure your actions are in alignment with the goals that you have set. If they aren't create a new action plan that is aligned with your goals.





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## 4. Take a Break

Burnout can stop you in your tracks. When you don't have balance in your life you are vulnerable to emotional, physical and mental exhaustion. When burnout occurs it is almost impossible to meet and kinds of demands placed on you. So do yourself a favor and take a step back, breathe and take a break. When you get back to business you will be refreshed & motivated





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## **5. Celebrate Accomplishments**

During every part of your success journey, you should celebrate your wins. They can be big wins, like closing a big deal, or they can be small wins. All wins and accomplishments are important. The smaller wins are the stepping stones to your big victories. When you celebrate your small accomplishments, you keep yourself motivated during the journey.



A stylized, black, handwritten-style letter 'M' is centered within a thin black rectangular border.

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For more information on how to stay motivated  
sign up for your free break through life coaching  
session with Mel M. Andre



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