Motivation & Attitude

Motivational Strategies

• Focus on the Positive
• Develop High Self esteem
• Use Positive Self-Talk & Imagery
• Focus on Your Purpose & Goals
• Acquire the Skills & Habits to Succeed
• Take Responsibility
• Be in the Present
• Be Physically Active

More Motivational Strategies

• Focus on Success, Not Failure
• Create a Feedback loop
• Create a Supportive Climate
• Strive for Excellence, Not Perfection
• Reward Yourself
• Stay Physically Healthy
• Create a Balance of Work & Play
High Self Esteem Comes from:

• Acceptance & respect for yourself
• Honesty & integrity
• Competence & skills
• Knowing you have choices
• Feeling unique
• High & attainable goals & expectations
• Feeling safe & secure
• Being listened to and taken seriously