



Do you think you are more extrinsically motivated or intrinsically motivated or a bit of both?

Some days it's hard to feel motivated. Luckily there are many things we can do to help with motivation.

Create a motivational playlist

Set goals and regularly review your progress

Reflect on your classes to see what improvements you could make and celebrate what went well

Make a collection of inspirational quotes

Create a vision board which focuses on what you want to achieve

Listen to motivational speeches (try Spotify)

Make a collection of inspirational quotes

Look back at old pictures and videos to see your progress

Use a tracker to track your progress

What motivates you?