

# Mindful Motivation

**1.** Focus on the big picture.  
◆ What is YOUR big picture?

**2.** Celebrate small victories.



Identify a small victory:

How will you celebrate?

**3.** Organize and Prioritize

What are the 3 most important to-dos for this project/goal?



**4.**

Build a routine.  
When will you work on this?

**5.**

Hold Yourself  
Accountable



**6.** Remember to recharge



How do you recharge your energy?