

# Ideas to

# Get Motivated

## Ordinary & Happy

- P** Break down goals into smaller tasks.
- R** Get an accountability buddy.
- O** Declutter your workspace for 5 minutes.
- D** Create a vision board.
- U** Set small rewards for completing tasks.
- C** Work in short bursts with rest breaks.
- T** Create a daily priorities list.
- I** Just choose one thing to focus on.
- V** Write things down on paper.
- I** Organize your calendar for 5 minutes.
- T**
- Y**

- T** Do something different.
- B** Have a no-screen hour.
- A** Write down what motivates you.
- R** Solve brain teasers.
- K** Start a 30-day challenge.
- E** Read in a cozy corner.
- A** Photograph interesting things outdoors.
- K** Acknowledge it's okay to feel unmotivated.

- W** Add plants to your workspace.
- O** Open the windows for fresh air.
- R** Wear noise-canceling headphones.
- K** Try listening to deep focus music.
- S** Display meaningful art on the wall.
- P** Rearrange your workspace and try it.
- A** Create a cozy corner for thinking.
- C** Make your workspace more comfortable.
- E** Work from a coffee shop or other place.

- M** Create a simple morning stretching routine.
- O** Make or fix things with your hands.
- V** Step outside for a fresh air break.
- E** Go somewhere new for change of scenery.
- M** Dance in your bedroom.
- E** Sign up for a group fitness class.
- N** Stand up and move around when thinking.
- T** Go for a walk in a park to reset.

- M** Close your eyes and breathe deeply.
- I** Put encouraging post-its around the house.
- N** Repeat positive statements out loud.
- D** Watch a motivational video.
- F** Journal about your progress.
- U** Take a nap.
- L** Look at photos of happy times.
- L** Listen to music you love
- L** Read inspiring stories.

- S** Reach out to a person you find inspiring.
- O** Join an online group with similar interests.
- C** Go to a meetup or gathering.
- I** Make plans with friends.
- A** Attend an inspiring public lecture or talk.
- L** Volunteer in your spare time.
- L** Write motivating letters to your future self.
- L** Call someone to catch up.