

May 11

Independent Achievers Luncheon

MOTIVATION

-Motivation drives you towards your goals, gets you up in the morning, keeps you working through certain tasks, keeps you determined to succeed when things get tough.

1. SET GOALS! (Personal AND Professional)

Daily

Weekly

Monthly

Yearly

5 Years

10 Years

S.M.A.R.T Goals

S _____ M _____ A _____ R _____ T _____

Break down your goals, baby steps. Once you set a goal, work backwards. Hold yourself accountable, and reward yourself!

Ask yourself WHY?

WHY do you want to hit these goals?

Instead of telling people WHAT or HOW you do it, tell them WHY you do it.

What is your WHY?