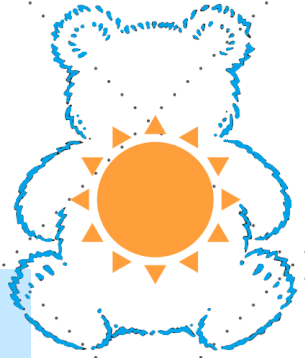


FIVE KEY TIPS ON

How to get Motivated

BROUGHT TO YOU BY

Brightside Bear



Reflect on
what is
holding you
back

FOR THE COMPLETE ARTICLE ON
MOTIVATION AND DETAILS ON EACH OF
THESE TIPS VISIT

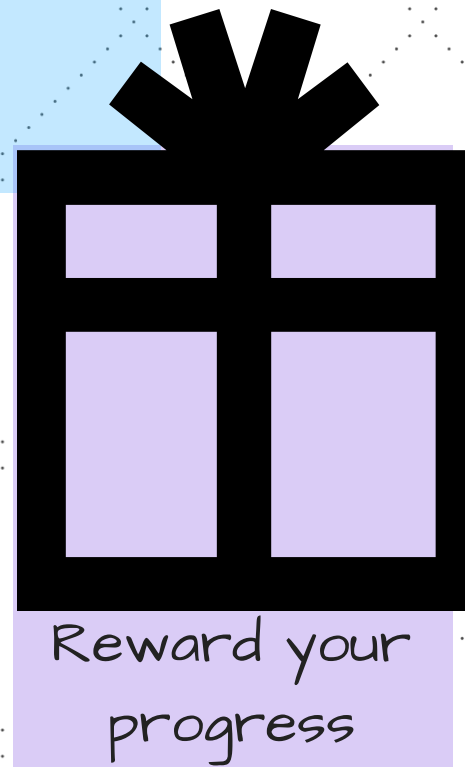
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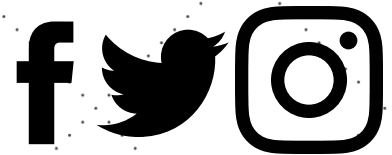
Repeat
motivation-
over and
over



Only you
can truly
motivate
yourself



Reward your
progress



Make a list of
why you want the
task completed

MADE WITH LOVE JUST FOR YOU! BE SURE TO
STAY CONNECTED TO @BRIGHTSIDE_BEAR
AND SIGN UP FOR EMAILS TO BRING MORE
POSITIVITY INTO YOUR LIFE!