

NOTICE THE SIGNS MOTIVATION AND MOVEMENT

Let's face it, without motivation and movement, you can't achieve anything, that's why both are so important but yet so simple.

But it's difficult to stay motivated and keep the motivation going every day, but setting small goals can help with this, even if that is just moving and being active for 30 minutes a day.

The number one reason we fail to achieve our goals and make our dreams a reality is because we lack the motivation to achieve them.

So why not challenge yourself and set some goals in 2021?

- Finding ways to increase motivation is crucial to allow us to adapt, function productively, and maintain wellbeing.
- Getting active can positively impact mood, boost happy chemicals, improve self-esteem, and help manage depression.
- Studies show that physical activity has a positive impact on our positive mood.
- Schedule it into your calendar, join a competition to support a charity, follow the 3 x 10 rule - if you're short on time do 3 lots of 10-minute exercises throughout the day!
- Physical activity ideas: walking, swimming, running, water sports, yoga and pilates.



Ways to keep yourself motivated

- 1 Create a small reward for yourself if you hit a goal you have set
- 2 Being active and moving can inspire others to do the same. Post a picture on social media.
- 3 Motivation helps you clarify your goals, achieving goals can make you feel proud, boost your mood and sharpen your focus.
- 4 Use positive self-talk This will help keep you motivated to achieve your goals and keep up with routines you have set yourself.

I am creating movements of self-care amid the motion and movement of my life.