



JANUARY: INSPIRATION

#motivationmonth

M	Tu	W	Th	Fr	Sa/Su
		<p><i>You've got this!</i></p> 	<p>1</p> <p>Do something you KNOW you'll rock today</p>	<p>2</p> <p>Write down your specific goal</p> 	<p>3</p> <p>List 3 reasons why you want to achieve it</p>
<p>5</p> <p>Start small, really small</p>	<p>6</p> <p>You can do anything for 5 minutes</p> <p><i>0.35% of the day</i></p>	<p>7</p> <p>Find a source of honest feedback</p>	<p>8</p> <p>Believe that you'll succeed</p> <p><i>Keep pushin'!</i></p>	<p>9</p> <p>Add just 1/4-mile or 2 reps to your workout</p>	<p>10</p> <p>Just commit for 30 days</p> <p><i>Say yes!</i></p>
<p>12</p> <p>Focus on progress, not perfection</p>	<p>13</p> <p>Schedule "you time" first thing in the morning</p> 	<p>14</p> <p>Visualize success every day</p>	<p>15</p> <p>Think about the benefits, not the difficulties</p>	<p>16</p> <p>Try something totally new today</p>	<p>17</p> <p>Tell people what you'll accomplish</p>
<p>19</p> <p>Remember: There's an ebb and flow to motivation</p>	<p>20</p> <p>Having trouble? Ask for help</p>	<p>21</p> <p>Don't be afraid to scale back</p>	<p>22</p> <p>Read a blog or book about your goal</p>	<p>23</p> <p>Wake up and empty your thoughts onto paper</p>	<p>24</p> <p>Forget the urgent thing, focus on the important thing</p>
<p>26</p> <p>Find a workout buddy</p> 	<p>27</p> <p>Say to yourself what you'd say to motivate a friend</p>	<p>28</p> <p>Do something that scares you</p> <p><i>Take risks</i></p>	<p>29</p> <p>Sign up for a race in a different city</p>	<p>30</p> <p>Try a food you've never tasted before</p> 	<p>31</p>  <p>Breathe in. Pause. Breathe out. Repeat.</p> <p><i>#greatist</i></p>

NOTES
