

JANUARY: INSPIRATION

#motivationmonth

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

NOTES