

Techniques to motivate yourself:

- **Make time to reflect and find out what is important to you**
- **Make time to dream and set little goals**
- **Be an inspiration to someone else– nobody needs a title to be a leader**
- **Mirror those who are successful around you**
- **Help somebody else – give and you will receive**
- **Be innovative and creative**
- **Lead by example**
- **Make a conscious effort to be happy**
- **Make optimism a habit**
- **Count your blessings daily and give thanks**
- **Celebrate yourself and little successes**
- **Develop good habits**
- **Take care of your body, mind and spirit**
- **Read some inspirational story or quote each morning**
- **Listen to motivational tapes in your car**
- **Laugh, laugh, laugh..... – having fun is so important!!!**

Tips on handling change:

- **Think positively**
- **Attitude talk for positive internal dialogue**
- **Ask for help if you need it**
- **Lighten up your life with humour**
- **Get proper rest and exercise and start eating healthier**
- **Concept of WOW – watch our words**
- **Monitor what you hear, what you see, what you say**
- **Schedule a daily routine and stick to it**

