

# Motivation Strategy

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- How to generate motivation?
- How to maintain motivation?
- Where to find motivational influencers?





# Generating Motivation

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- **Be optimistic/positive**
- **Set goals**
- **Strong support system**
- **Smile/Be happy**



# Maintaining Motivation

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- **Elude negativity**
- **Be resilient**
- **Share positive thoughts**
- **Be involved in positive activities**



# Motivational Influencers

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- **Family**
- **Mentor**
- **Get a hobby**
- **Charitable activities**

# Summary

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- **Get motivated**
- **Stay motivated**
- **Be a motivational influencer**

