

# GET MOTIVATED!

## Our Top Tips for moving forward with your work and training goals

- Set goals for your week to increase focus, and give you direction.
- Take things one step at a time. Many small goals are easier to achieve than one huge leap.
- If you keep putting things off, ask yourself why? Are you going in the right direction still?
- Give yourself a reward once you have completed a task to celebrate your successes.
- Stay positive! You will either succeed or you will **learn**.

