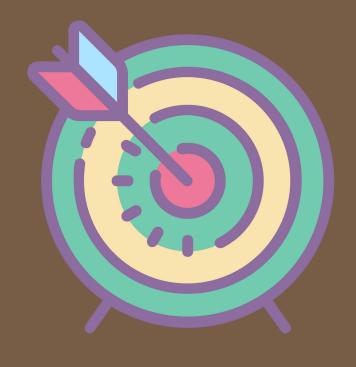
Ways increase to motivation



Motivated yourself



Reward yourself

Just be yourself



Organize
your work
yourself

Share your goals

Face your fears

Set = measurable goals

Do activities your enjoy