



My Motivation Strategies

In each of the squares below, write at least one example of the strategy provided that you can use every day to help you through your challenges.

<p>Write a personal motto or saying for when things get tough.</p>	<p>Write one way you can help someone around you.</p>
<p>Identify a hobby, passion, interest, or purpose of yours.</p>	<p>Identify someone you can rely on for support when things are difficult.</p>