

FIVE WAYS

you can increase your motivation



SMARTSUPPORT
for business

1

Remind yourself of your 'why'. Each morning before you start work think about your overall purpose, or why. Remembering what you are working towards in your business can help you to focus your priorities for the day and increase your motivation.

2

Manage your energy. Be aware of the tasks that you do which drain your energy. We all naturally will have tasks like this that don't match our skills set. When you know what they are then you can either delegate, outsource or minimise the time you spend on these tasks.

3

Regroup. See your lunch time as 'half time' and so before you go on your break take a few minutes to look at what you have already achieved this will give you energy, positivity and an incentive to do anything else that you want to get done before the end of the day.

4

Reflect on the day. Before you go home take time to reflect on your day and write down three positive things that have happened. This can will leave you feeling positive about the day and also give you material to keep you motivated on the more challenging days.

5

Go home at a sensible time. Avoid the temptation to 'plough on' in order to avoid exhaustion and make sure that you switch off the new e-mail alerts on your phone. This allows you to focus on your family and friends and not work.

Book a Free Conversation



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It's time to maximise your business and minimise its limitations. Spend 20 minutes with me, no obligation, to explore how coaching from SMART Support can help you to unlock your business' true potential. www.tinyurl.com/Maximisepotential