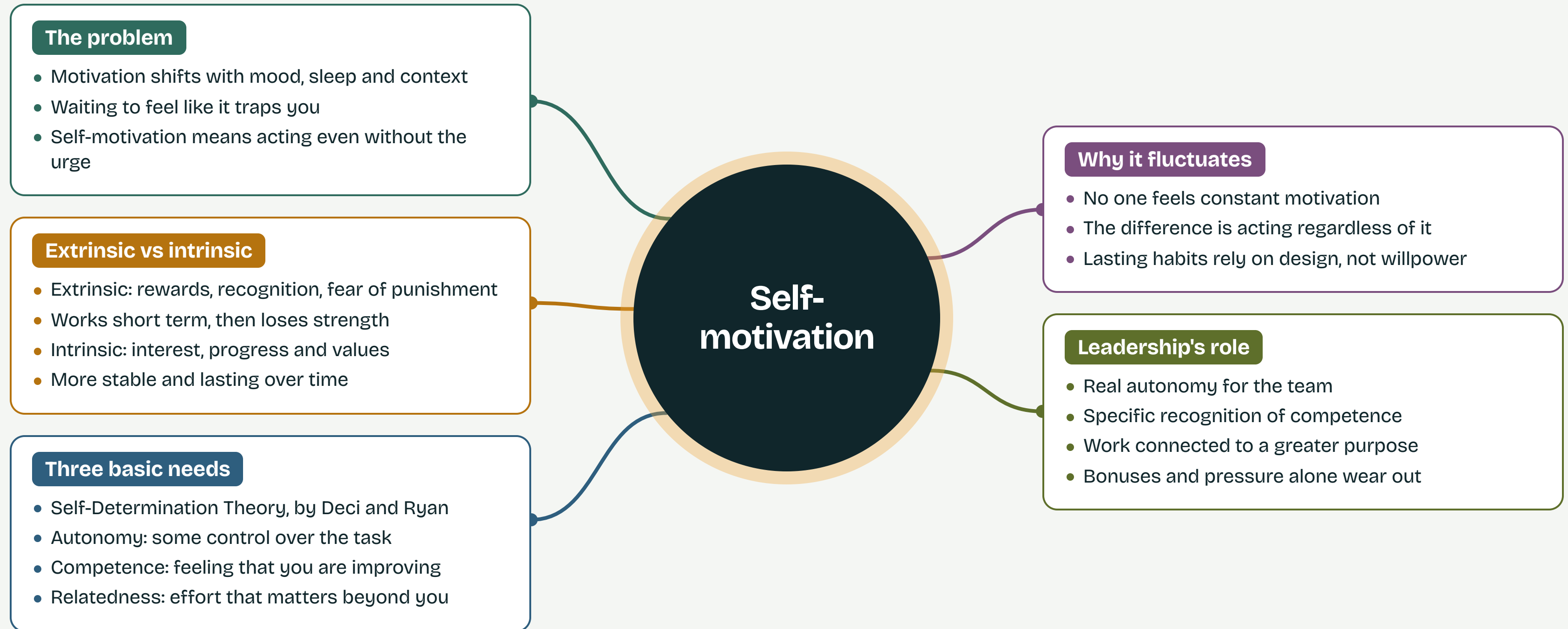


Self-motivation: act without relying on external push



Action plan

1

Reconnect the task to the bigger reason before starting

2

Break big goals into small, visible wins

3

Choose the order, method or pace to gain autonomy

4

Start with one small step, even without the urge

5

Share your goals with a support network

Key takeaway

The goal isn't to never feel discouraged, but to have a system that keeps working when you do.