



# QUARANTINE CHRONICLES

THIS WEEK: LET'S GET MOTIVATED!

*Hello friend!*

Feeling unmotivated?  
Struggling to find a routine?

**You're not alone!**

Here are some ways to get **motivated!**



**MUST FIND**

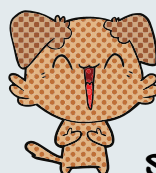


**MOTIVATION**

makea

## Talk of the Week

- ★ Intro to the Newsletter!
- ★ Tips to stay motivated
- ★ Friendly Reminders!



See pg. 3 for the answer to the joke!

# TIPS!

Reduce  
Distractions

Be  
Kind To  
Yourself

Set  
Realistic  
Goals

Do  
Self  
Care

Get  
Support

TO  
STAY  
MOTIVATED



Here are some more ideas:

- Work toward one **small goal** at a time
- Get motivated from **people in your life**
- Find a **quiet space** and silence your phone
- Remember you do not have to be motivated 24/7!
- Give yourself a **break!**
- Set aside a some time do some **self-care!**
- Take a look at the **self care wheel** from Issue #3.



# FRIENDLY REMINDER!

Did you know that YOU can **influence your level of motivation**?!

Start with **thinking** about a goal you want to work on.

**However big or small.**

If you can find some motivation it will pay-off!

Look at all the things motivation helps you with:

Positive self-esteem

Create a sense of pride

Independence



*"A winner is a dreamer who never gives up."*  
-NELSON MANDELA

JOKE OF THE WEEK:

What do you call a pile of cats? A Meow-tain



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