

HOW TO STAY MOTIVATED

STRETCH !!! STRETCH !!! STRETCH !!!

Set exciting Goals for yourself. Goal-setting is the strongest human force for self-motivation.

Take the time to carefully plan. A goal without a plan to bring it to pass is only wishful thinking.

Realize each day the opportunity to have to grow toward the fulfillment of your goals.

Accept the best from yourself. We tend to rise or fall to the level of our expectations.

Track your results. Remember, it is only losers who don't keep score.

Habits determine your results, so build good ones knowing it is a God-given universal law that, "Whatsoever you sow, that shall you also reap!"

Treat others with kindness. You can get everything you want out of life if you will help enough – others get what they want.

Read stories of others who have dated to become great.

Learn from them and be challenged by them.

Encourage those around you realizing it is impossible to encourage another without becoming encouraged also.

Teach yourself constantly, for that is how you grow.

Take time to think. Analyze your strengths and weaknesses

"A word to the wise should be sufficient"