

---

## Motivating Yourself

This program gives participants the proper tools to assist them in motivating themselves. They will learn how to motivate and focus themselves to achieve personal and professional goals by discovering how your productive thoughts can work for you.

### Program Content:

#### Introduction

- What is Motivation?
- Objectives

#### Unlocking Your Passion

- Clear Your Expectations of What Passion Should Be
- Choosing Passion – It Doesn't Choose You!
- Determining What Your True Goals Are
- Living up to Your Potential

#### Motivating Yourself to Achieve

- Commitment and Persistence
- Six Steps to Making Goals Come Alive
- Drafting Your Goal
- What Influences Motivation?
- Motivation and Goal Setting Worksheet

#### Staying Positive, Productive and Passionate

- "Great" Attitude
- Maintaining a Positive, Productive and Passionate Attitude