



Design Your Dreams

6 Tips to Stay
Motivated, Believe In
Yourself, and Achieve
Your Dreams.

www.yourstrongerself.me

Hello,

I'M SO GLAD THAT YOU'RE HERE

Those dreams in your heart- they were put there for a reason.

Motivation comes from our thoughts about the task and the momentum that we make to achieve it.

In this guide you will find tips and simple tools that you can begin to use today and feel motivated to do amazing things!

You've got this,

Kelly

Psychotherapist | Educator | Founder of
Stronger Therapeutic Counseling Services

*State your
intentions out loud*

Our goals need life! To bring them to life, we need to say them out loud. If we keep them in our heads, all the thoughts of self doubt, what if's, and fear can eat them alive.

*Surround yourself
with positivity*

Share your dreams and goals with people you know that will support you. Find the cheerleaders in your life that share enthusiasm for the goals you're working towards and hold them close.

Keep moving

Get momentum, and keep moving. Once we start moving in the direction of what we have set out to do, energy to carry on will follow.

Visualize yourself reaching the goal that's in your heart

If you have a goal in your heart and can't seem to find the motivation to start moving towards it try picturing yourself reaching that goal. Can you see the excitement and pride on your face? Picturing these images, help us to get moving in the direction of our dreams and goals.

Take it one day at a time

Remembering that change doesn't happen over night allows us to be patient in the process. Take it one day at a time and celebrate your success along the way.

**Treat yourself with
compassion as you try
something new**

Change isn't easy, and recognizing that you are doing something at all, is worth acknowledging and respecting.

We are all a work in progress, and your journey is your journey. Avoid judging your beginning with someone else's middle.