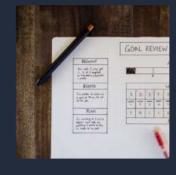
## Ultiself Motivation Routine

Motivation is the orientation of effort and focus on a goal. You can improve it by building the right habits.



Value Reflection - Pursuing goals rooted in your core values leads to higher satisfaction. **ACTION** - Identify and review your values at least every week.



Setting/Reviewing goals -Identifying and setting goals may help to define specific actions to work on. ACTION - Define and check your goals every week.



Visualization (mental contrasting) - isualizing your goals and the obstacles you might face increases your motivation.

**ACTION** - Imagine achieving your goals and possible obstacles every day.



**Positive Self-Talk** - Talking to yourself in a positive manner improves your focus and effort.

ACTION - Say good things about what you're accomplishing every day.



**Implementation Intentions** - Creating small rules for yourself helps to improve commitment and motivation.

**ACTION** - Set "if-then" rules to implement your goals when you need it.

