

2022

Inspiration, Motivation, Determination

01

**1 TIP**

**1 QUESTION**

**1 QUOTE**

**#MOTIVATIONMONDAY**



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01

# ATTITUDE OF GRATITUDE

Your gratitude and appreciation helps you to inspire yourself, as well as others. Acknowledge and remind yourself of times when you inspired or helped someone else, through a simple act of kindness.



02

# **PAIN OR PLEASURE?**

Do positive or negative motivations  
tend to work better for you? Why?



03

# JUST FINISH YOUR RACE

By perseverance, the snail reached  
the ark. - Charles Spurgeon



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05

# **FOLLOW FOR NEXT WEEKS #MOTIVATIONMONDAY UPDATE**

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