MOTIVATION BOOSTERS

MAGICAL
affirmations

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Positive affirmations are powerful statements that can transform your mindset and boost motivation. They help reinforce optimistic beliefs about yourself and your abilities. In this activity, we will explore the creation of personal affirmations tailored to your goals and aspirations.

Step 1: Individual Reflection

Take a moment to reflect on your goals, strengths, and challenges.
Identify areas where positive affirmations could provide support.

Step 2: Affirmation Creation

Create at least three positive affirmations for yourself.
Use present tense and positive language.

1
2
3

Step 3: Reflection Journal

Use this space to jot down your thoughts on the impact of positive affirmations over the next few days or weeks. Note any changes in your mindset or motivation.

VALUE
discovery

Understanding your personal values is crucial for setting meaningful goals aligned with your core beliefs. This activity will guide you through the process of identifying and prioritizing your values to enhance your goal-setting and motivation.

Achievement
Creativity
Family
Freedom
Health

Value Exploration

Consider a list of common values (or use the provided list). Circle or highlight values that resonate with you.

Integrity
Joy
Knowledge
Relationships
Security

Ranking Your Values

Prioritize the circled/highlighted values by ranking them from most important (1) to least important (5).

Integration into Goal Setting

Consider how your top values align with your current goals. Brainstorm whether any adjustments to your goals are needed based on your values.

Action Steps

Identify one action step you can take to better align your daily life and goals with your top values.

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DREAMER
vision board

Gather magazines, scissors, and a large board or paper. Cut out images, words, and phrases that represent your goals and aspirations. Arrange them on the board to create a visual representation of your vision for the future.

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