100 WAY TO MOTIVATE YOURSELF



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9. Link it to good feelings. Find a way to link things to good feelings. For example, play your favorite song when you re doing something you don't like to do.

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101 Ways to Motivate Yourself and Others Sources of Insight

This is a set of strategies and tactics you can use to motivate yourself and others in any situation. Motivation comes from the Latin word, movere, which means to move. According to Edwin Locke and Gary Latham, motivation shapes three aspects of action: 1) your direction or choice, 2) your

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