

# June Newsletter

## Summer Bummer

How to make  
the **MOST** out  
of summer  
demotivation

m a b e <3



Ah, the allure of summer and the temptation to join the jet-setting crowd can be strong. It's easy to feel a sense of envy or FOMO when half of our friends are off exploring exotic destinations while we remain focused on our goals. But here's the thing: enjoying travel and pursuing our ambitions don't have to be mutually exclusive. We can find a way to balance both and make the most of our summer adventures.



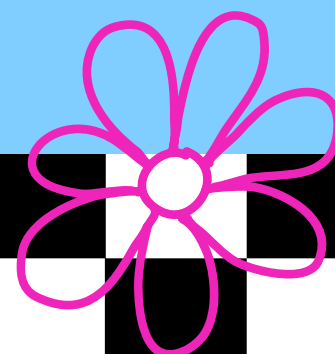
Sure, sometimes we embark on those trips without fully appreciating the experience or even forgetting about our goals altogether. But imagine if we approached our travels with a different mindset—a mindset of inspiration and intention. Rather than treating it as a mere vacation, we can use it as an opportunity to fuel our motivation and gather fresh ideas.



Even if we're not part of the jet-set crew, there are ways to incorporate a holiday vibe into our workweek. Consider setting aside time during the weekends to indulge in beach days or exploring nearby attractions. You can treat yourself to a mini-getaway by staying at a local hotel, allowing yourself a break from the usual routine while staying close to your work commitments.

But here's the key: when you step into that holiday mindset, make a conscious effort to set an expectation. It's about finding a balance between relaxation and inspiration. Seek out local businesses that align with your interests and values. Engage with like-minded individuals, strike up conversations, and exchange new ideas. You never know what sparks of creativity or fresh perspectives you might encounter during your travels.

Remember, enjoying the summer and pursuing your goals can go hand in hand. It's about making a deliberate choice to infuse your time off with inspiration and purpose. By doing so, you can maintain your motivation and drive while also savoring the joys of the season. So, why not embark on this summer with a renewed perspective and a commitment to make the most of every opportunity, whether it's jet-setting or finding inspiration closer to home?



q u i z

t i m e

What gets you motivated to start a new project or task?

- a) Setting clear goals and envisioning the desired outcome.
- b) Receiving praise and recognition for your accomplishments.
- c) Feeling excited and passionate about the project itself.

How do you stay motivated during challenging times?

- a) Reminding yourself of the long-term benefits and rewards.
- b) Seeking support and encouragement from others.
- c) Focusing on the personal satisfaction and enjoyment of the process.

What helps you stay motivated to complete tasks or projects?

- a) Establishing a detailed plan and following a structured schedule.
- b) Having accountability partners or a support network.
- c) Finding ways to make the task or project fun and enjoyable.

What type of feedback or rewards do you find most motivating?

- a) Constructive feedback that helps you improve and grow.
- b) Public recognition and appreciation for your efforts.
- c) Intrinsic rewards, such as a sense of accomplishment or personal satisfaction.

How do you handle setbacks or obstacles that hinder your progress?

- a) Analyzing the problem and finding strategic solutions.
- b) Seeking advice and guidance from mentors or experts.
- c) Tapping into your resilience and using setbacks as learning experiences.

What keeps you motivated when working on long-term goals?

- a) Breaking the goals down into smaller, achievable milestones.
- b) Celebrating milestones and sharing progress with others.
- c) Engaging in activities that align with your values and passions.

How do you maintain motivation when working on repetitive or monotonous tasks?

- a) Finding ways to make the tasks more challenging or interesting.
- b) Collaborating with others to make the tasks more engaging.
- c) Practicing mindfulness and focusing on the present moment.

How do you feel about competition when it comes to motivation?

- a) Competition pushes you to work harder and strive for success.
- b) Friendly competition provides motivation and a sense of purpose.
- c) You prefer to focus on self-improvement and personal growth rather than competing with others.

What  
motivates  
you?



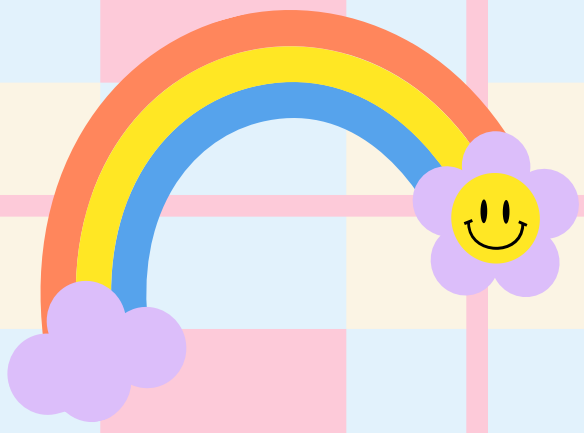
MOTIVATION

E X E R C I S E



REMIND YOURSELF OF THE BIG WHY





# The Big Why

To find the big why behind a goal you've started, consider the following steps:

**Reflect on your initial motivation:** Think back to when you first set the goal. What inspired you to pursue it? What were you hoping to achieve? Recall the specific reasons and motivations that drove you to start.

**Connect with your values:** Consider how the goal aligns with your core values. Does it resonate with what you believe in or what you consider important in life? Identify the values that the goal represents or supports. Connecting your goal to your values can give it greater meaning and purpose.

**Analyze the deeper impact:** Explore the potential impact and benefits that achieving the goal can have on your life and the lives of others. Consider how it can contribute to your personal growth, relationships, community, or larger causes. Reflect on the positive changes or outcomes that can result from accomplishing the goal.

**Consider your long-term vision:** Examine how the goal fits into your broader long-term vision for your life. Does it contribute to the larger picture you have for yourself? Reflect on how achieving this goal can be a stepping stone towards your desired future and how it aligns with your aspirations.

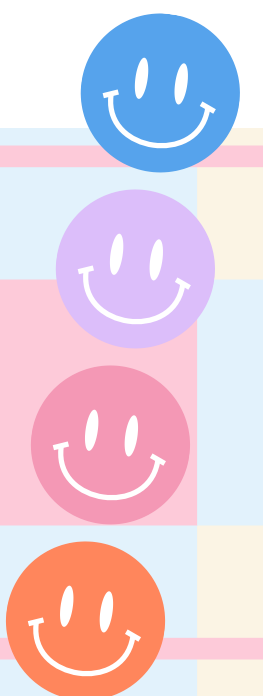
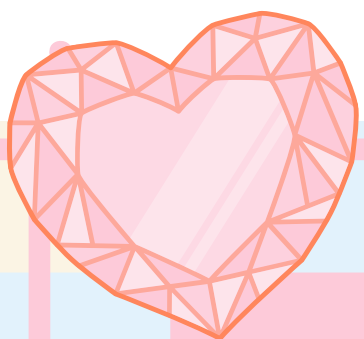
**Identify personal fulfillment:** Reflect on how accomplishing the goal can bring you personal fulfillment or a sense of purpose. Will it bring you joy, satisfaction, or a sense of accomplishment? Identify the aspects of the goal that resonate with your inner desires and passions.

**Evaluate the "bigger why":** Look beyond your personal motivations and consider how your goal can positively impact others or contribute to a greater cause. Reflect on the potential benefits it can bring to your family, friends, community, or even society as a whole. By considering the larger implications of your goal, you can uncover a bigger why.

**Reconnect with your passion:** Revisit the enthusiasm and passion you had when you first started the goal. Reflect on what excites you about it and why it matters to you. Passion can be a powerful driver, so identify the elements of the goal that ignite that passion within you.

**Visualize the end result:** Imagine yourself successfully achieving the goal. Envision the positive outcomes, the emotions you would experience, and the impact it would have on your life. Visualizing the end result can help you tap into the deeper meaning behind your goal.

By going through these steps, you can gain clarity on the big why behind your goal. Understanding your deeper motivations and purpose can reignite your motivation, help you stay committed, and give you a sense of fulfillment throughout the journey.



D R E A M

# BOOK RECOMMENDATIONS THAT WILL CHANGE UP YOUR SUMMER

