

Positive Self-Motivation



Purpose



- Change your mindset
- Help you set new goals
- Increase your confidence in achieving them
- Get you achieve these goals

Positive vs. Negative

Positivity	Negativity
Lifts you up	Pulls you down
You see opportunities	You see limitations
Gives you hope	Makes you worry
You have a “want to” attitude	You have a “have to” attitude
You focus on solutions	You focus on problems
Leads to action	Leads to inaction
You are enthusiastic	You find excuses
Enhances your health	Makes you ill

Self-Motivation



Because:

- You are the only person who can start the process.
- Nobody will do it for you.
- When you help yourself, others will help you.

Assessment of the current situation

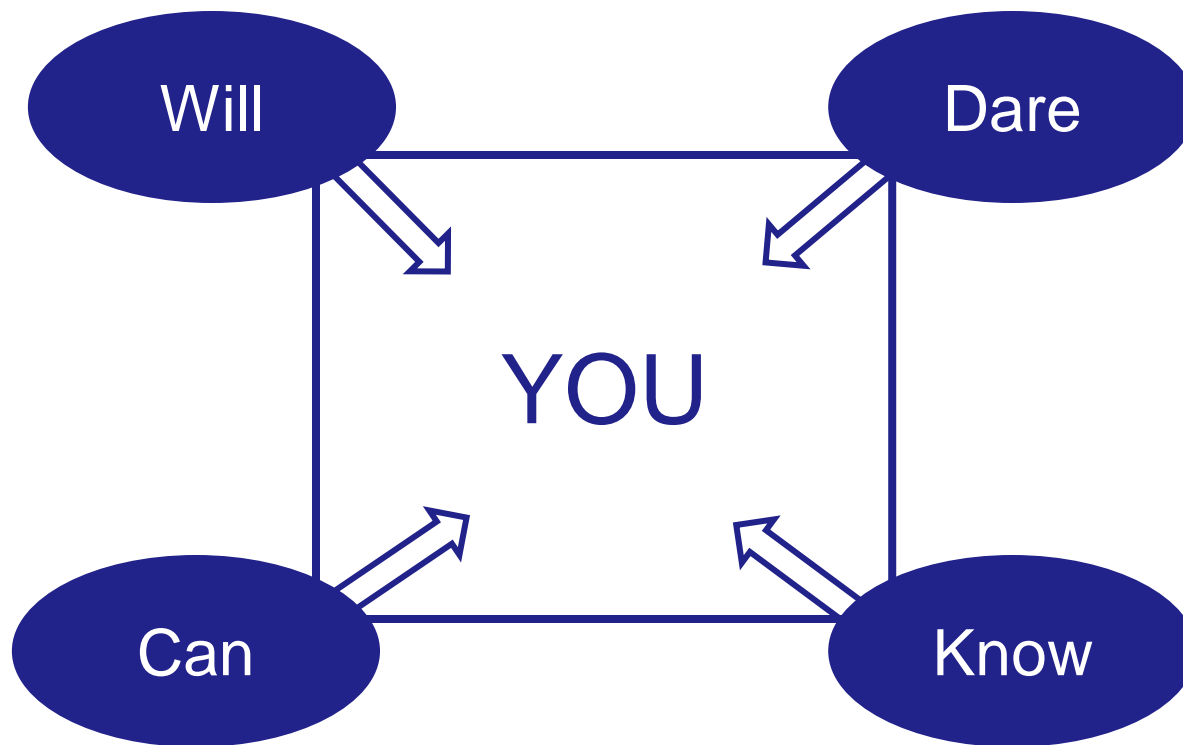


With you, we will review:

- The symptoms of the lack of positive self-motivation.
- Its causes.
- The hurdles you face to turn this around.

Identification of areas of improvement

From the previous step, we will define and map the areas on which you can act and achieve improvement



Implementing the actions

From the previous step and for each area we will set with you an action plan according the SMART approach

- Specific
- Measurable
- Ambitious
- Realistic
- Time-bound

Follow-up



Within 2 months, we will review with you the progress made and if necessary take corrective action for successful completion of this program.

Interested?



Then take the initiative to contact us at:
info@happyfuturegroup.com

