

How To Stay Motivated Even when it seems impossible.



Introduction

Finding mentors or someone you can look up to who is experienced in the habit you want to change is the beginning of achieving a breakthrough. Finding social or support groups with the same interest can help you find a mentor.

Surround yourself with positive people. Positive friends and family enhance your positive self-talk. This also helps to manage the symptoms of depression and anxiety. We made a list of ways to stay motivated if you are overwhelmed.

Stay Motivated

Know your Purpose: Understand your “why.” That is your purpose: never lose sight of it.

Change your Mindset: Always keep a positive mindset

Positive Outlet: Find ways to release your thoughts (keep a journal/ or activity log)

Physical fitness: Find activities that you love to help keep your mind occupied

Set Boundaries: Do not be a follower. Operate within the boundaries of your goals.

Stay Discipline: No matter the situation, never lose your discipline. Your entire journey is built on discipline.

At Jahbec Solutions, we believe in the power of mentoring to change lives. Join our mentoring program and get matched with a mentor who will guide you to success.

[Click Here and Talk To A Mentor Today](#)

Or call Dr. Hensuli Kennedey at (703) 640 8231