

TOUGH TALK TOOLKIT



MOTIVATION

If you're feeling unmotivated while doing something, try breaking the activity down.

Separate the activity into achievable parts until one part is simple enough to approach.



DID YOU KNOW?

The brain chemical known as **dopamine** is responsible for our feeling of reward, which keeps us motivated. People often feel unmotivated because they're not experiencing any immediate reward from an activity, especially when there's no end in sight. Separating activities into parts creates the opportunity to experience reward after completing each part.

The trick to staying motivated is to pause and celebrate every small success, even if you think they're small. The rewarding feeling will give you the motivation to tackle the next part on the way to your goal.