

10 WAYS TO STAY MOTIVATED DURING COVID-19

Use this worksheet to help you stay motivated during this time. Take notes and write down as many ideas as you can think of.

1.

2.

3.

4.

5.



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6.

7.

8.

9.

10.



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Now, it's your turn: What gets you going?

Write your own list of Ways to Stay Motivated.

Have fun with this list and make it yours!!

We will see you again in July!



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SOLUTIONS