

Stay Motivated. Keep Going.

- **Set Clear Goals**

Break big tasks into smaller steps.

- **Remember Your Why**

Write down why you started.

Keep it visible for tough days.

- **Embrace Challenges**

Struggle means growth.

- **Celebrate Small Wins**

Reward yourself for progress, not perfection.



Activity:

Tell your classmate one thing that motivates you and one challenge you've overcome.

You've got this. One step at a time.