



Some days
I feel motivated.

Some days
I don't.

Maybe
I'll skip
today...

FOCUS
DISCIPLINE
GROWTH

ONE STEP
AT A TIME

010

HOW TO STAY MOTIVATED



Motivation
isn't **always** there.



TODAY'S
MISSION

Show up, even on the days
motivation is missing.



Page 1 of 5



Motivation
comes and goes.
That's **normal**.
It's a feeling,
not a plan.



QUICK REMINDER

You don't need to feel
motivated to take
action.

You need a **reason**
and a **habit**.



FOCUS
> FEELINGS
CREATE
RESULTS



MOTIVATION IS LIKE THE WEATHER



Sunny days
I feel motivated
and ready!



Cloudy days
I feel okay,
not great.



Rainy days
I don't feel like it
at all.



Stormy days
I feel tired, stressed,
or distracted.



The weather changes.
But the **goal** stays the same.

FEELINGS VS HABITS



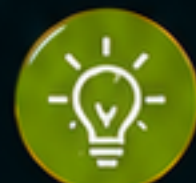
FEELINGS (COME AND GO)

- ✗ Unpredictable
- ✗ Change every day
- ✗ Hard to control
- ✗ Can stop you

VS

HABITS (KEEP YOU GOING)

- ✓ Consistent
- ✓ Same every day
- ✓ Easy to build
- ✓ Move you forward



TODAY'S TAKEAWAY

Don't chase motivation.
Build **habits** that keep you moving—every single day.



TODAY'S MISSION DO ONE SMALL THING, EVEN IF MOTIVATION IS LOW.

Action creates **momentum**.
Momentum creates **motivation**.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper





Motivation is
a spark.
But habits are
the fuel.
Fuel keeps the
engine running.



DISCIPLINE
TODAY,
SUCCESS
TOMORROW.



WHY HABITS WIN



Habits don't rely
on feelings.
They rely on
decisions.



They turn small
actions into daily
progress.



They build identity.
You become the
type of person
who **shows up.**



Identity > Motivation

SHOW UP
FOR YOUR
FUTURE SELF



THE HABIT FORMULA



Cue
A reminder
to start



Routine
The action
you take



Reward
The benefit
you get



Repeat. Repeat. Repeat.
That's how habits stick.

Habits I can rely on:

- ☒ Morning stretch
- ☒ 10 min reading
- ☒ Plan my day
- ☒ Workout
- ☒ Healthy food
- ☒ Early sleep

ONE DAY
AT A TIME.

WHEN MOTIVATION IS LOW...

1



Acknowledge
It's okay.
Feel it.



2



**Focus on the next
small action only.**
Just one.



3



Take action.
Small > None.



4



Build momentum.
Action creates
motivation.

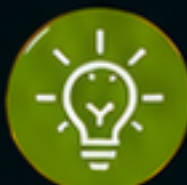


5



Feel proud.
Repeat
tomorrow.

You don't
need to feel
like it.
You just need
to do it.



TODAY'S TAKEAWAY

Don't wait for motivation.
Build **habits**. Habits will take you
further than motivation ever will.



Show up.
Even when it's hard.
Especially when it's hard.



TODAY'S MISSION
DO ONE SMALL HABIT TODAY AND PROTECT IT.

You don't have to be perfect.
You just have to be **consistent.**



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper





“

The secret isn't
to feel motivated
every day.

The secret is to
show up anyway.



ON THE DIFFICULT DAYS...



Lower your
expectations.
Just show up.



Do less,
but do something.
Small still counts.



Focus on the next
right thing.
Not the whole list.



Be kind to yourself.
Progress, not perfection.



You're still building.



“

Discipline is doing
what needs to be done,
even when you don't
feel like it.

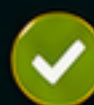


EXAMPLE: LOOBI'S DAY

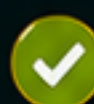
He didn't feel like it.
But he followed his habits.



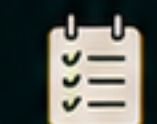
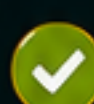
Morning walk
10 minutes



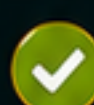
Read
1 page



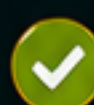
Drink water
1 extra glass



Plan
Top 3 tasks



Workout
15 minutes



Not perfect. But **consistent**.
That's how he wins.



REMEMBER

- ✓ Motivation is a feeling.
- ✓ Habits are a decision.
- ✓ Decisions create results.
- ✓ Results build confidence.
- ✓ Confidence keeps you going.



Keep going, Loobi!



PROGRESS IS BUILT OVER TIME



Day 1
You start.



Day 10
You show up.



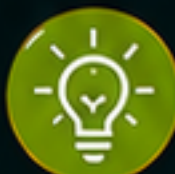
Day 30
You see change.



Day 100
You're unstoppable.



Big results are just
small actions you
kept doing.



TODAY'S TAKEAWAY

Don't chase motivation.
Build **habits**. They will carry you.



Show up today.
Even if it's hard.
That's how **legends** are built.



TODAY'S MISSION

DO YOUR SMALL ACTIONS AND PROTECT YOUR HABITS.

One small win today.
One step closer to your best self.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper





“

Motivation
comes and goes.
Habits keep
you moving.



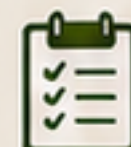
You don't have to be
perfect. You just have to be
consistent. Little by little...
day by day... step by step...
you become **unstoppable**.



YOU WIN BY SHOWING UP
Not by waiting to feel ready.



You don't need motivation
to start.



You just need a habit
and a plan.



Every small action
moves you forward.



Keep showing up.
The results will follow.



Show up. Keep going.
Your future self is
counting on you.



QUICK CHECKLIST

- ✓ Do one small thing today
- ✓ Follow your plan
- ✓ Don't break the chain
- ✓ Review your progress
- ✓ Give yourself credit

♥ Small steps. Big life.

YOUR MOTIVATION TOOLKIT



WHY

Remember your reason.



PLAN

Have a plan. Follow it.



PEOPLE

Surround yourself with
positive people.



MINDSET

Focus on progress,
not perfection.



GRATITUDE

Be thankful for how
far you've come.

DON'T FORGET: PROGRESS IS PROGRESS



Day 1

It might be tiny.



Day 10

It feels better.



Day 30

It becomes a habit.



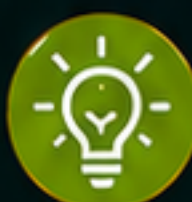
Day 100

It changes your life.



The best view comes
after the hardest climb.

You've got this!



TODAY'S TAKEAWAY

Don't wait for motivation.
Build **habits**. Show up. Keep going.



You don't have to see the whole staircase.
Just take the **next step**.
One step today. A better tomorrow.



TODAY'S MISSION

DO ONE SMALL THING TODAY AND PROTECT YOUR HABIT.

Your future is built
one choice at a time.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper

