

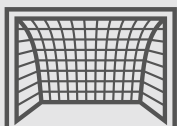
TOP 10 TIPS TO HELP WITH:

MOTIVATION



1 GOALS

Set personal and purposeful goals, like getting into a better sleep routine



2 MINI GOALS

Set small goals to help you keep on track, like doing some relaxation before bed time



3 ENJOY

If your motivation is to exercise more, choose an activity you enjoy, this will help you keep doing it



4 PLAN

Plan the best time to do the activity and don't overdo it, try when you are 'on' rather than 'off'



5 BE POSITIVE

Focus on challenges, rather than barriers, try to think positively about your ability and the progress you make



6

ASK FOR HELP

Ask people for help when you need it and explain what you want to achieve



7

KEEP GOING

Don't be put off or disheartened when things don't go to plan, be kind to yourself and keep trying



8

EVERYDAY ACTIVITIES

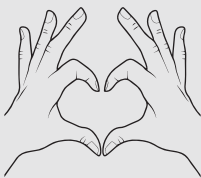
Use everyday activities as part of exercise, while you brush your teeth, watching tv, or before you get out of bed



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SHARE WINS

Share your wins and progress with family and friends, they will help motivate you and encourage you to keep going



10

WELLBEING

Exercise will help with your wellbeing and will make you want to keep going, exercise is the best medicine!

For more information about motivation visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com

