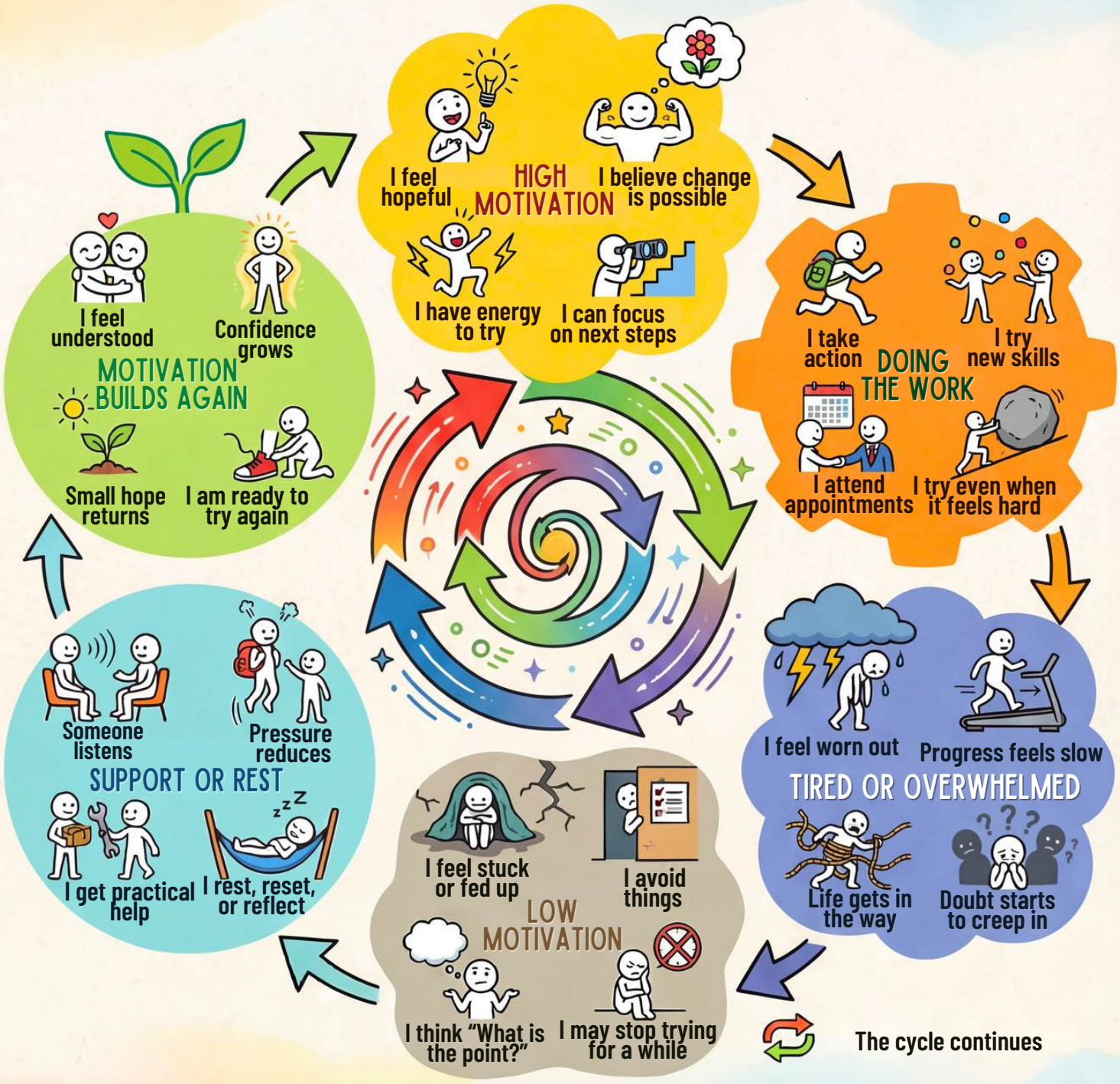
THE CYCLE OF MOTIVATION

Motivation is not constant. It goes up and down. That is normal. People do not stay motivated all the time. Motivation changes depending on stress, support, confidence, and life events.



IMPORTANT THINGS TO REMEMBER

- Low motivation does not mean failure
- Breaks do not erase progress
- Support matters more than willpower
- Small steps count
- You can re-enter the cycle at any point
- Change takes time and rarely moves in a straight line

Change is not about staying motivated.
It is about continuing, even when motivation dips.

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