

## Thank You

### Bonuses

As promised, here are several bonuses for you. Thank you, again, for taking this Self- Motivation Program. I hope you are more motivated than ever! I hope you continue to remain positive and always remember to just keep MOVING FORWARD!!!

These two bonuses are a great way to continue with your motivation journey. Make sure you set time aside for yourself on a regular basis. This will not only keep you motivated but will also help you stay on track.

#### **Interruptions Blaster Workbook**

Use [WORKSHEET 1](#) to blast all your interruptions. Part 1 consists of keeping an interruptions log (things that take time away from whatever you're working on). Part 2 helps you review the log. Part 3 teaches you how to create an action plan regarding future interruptions.

#### **Celebrate You Workbook**

Use [WORKSHEET 2](#) to learn what makes you shine, to learn what gives you character, and to learn what helps you appreciate yourself. This is all very important in the self-motivation process.

Enjoy these extras! And always stay motivated. You are amazing!!

*Elizabeth Debol*

Creator, Motivate Yourself Now