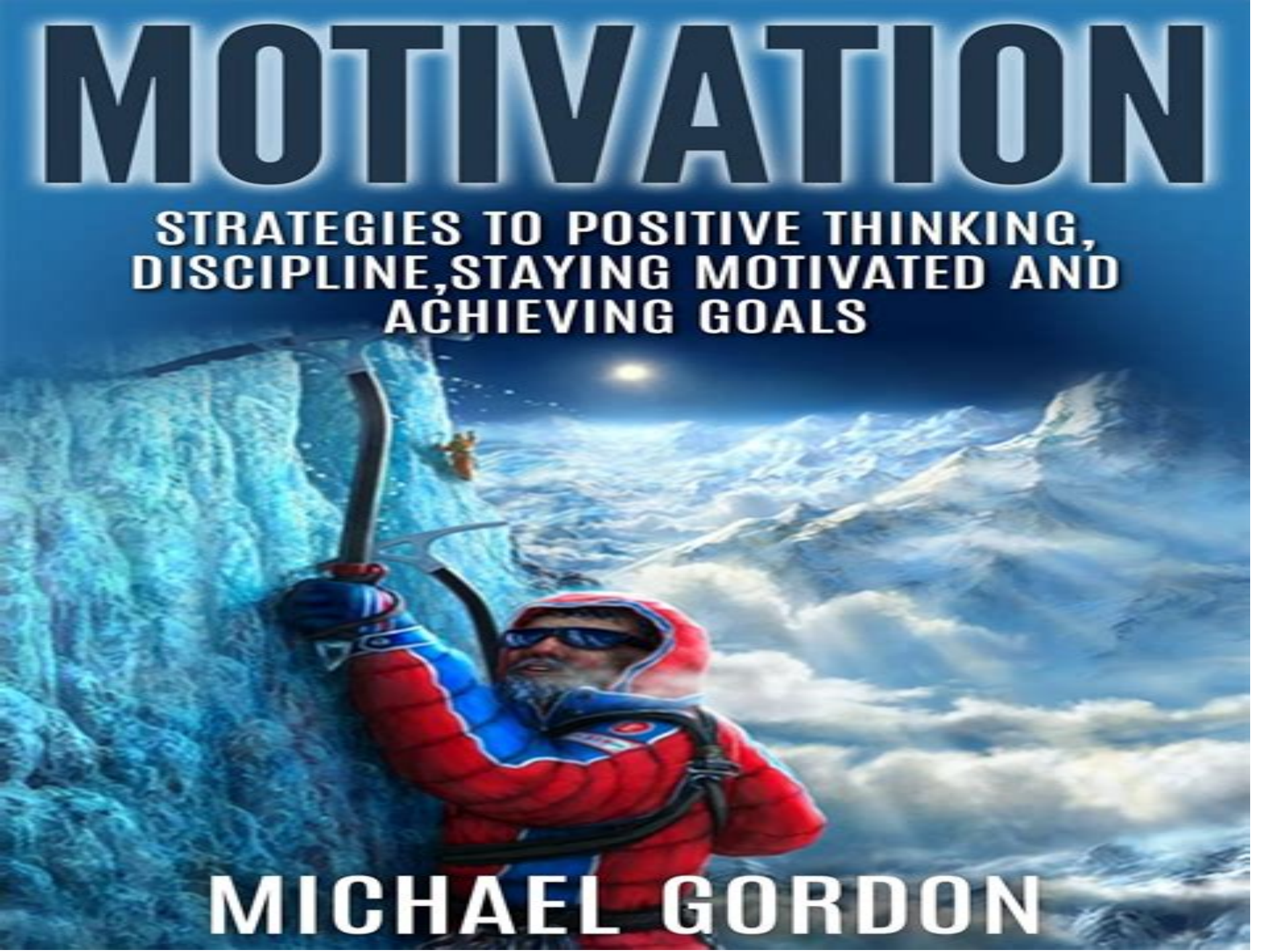


# MOTIVATION

STRATEGIES TO POSITIVE THINKING,  
DISCIPLINE, STAYING MOTIVATED AND  
ACHIEVING GOALS

A climber in a red and blue suit is scaling a massive, jagged blue ice wall. The climber is wearing a red hooded jacket with blue accents, blue gloves, and blue sunglasses. They are using a large ice pickaxe to climb. The background shows a vast, icy landscape with snow-covered mountains and a bright sun or moon in the sky. The overall scene is one of extreme cold and physical challenge.

MICHAEL GORDON

# Motivation Strategies To Positive Thinking Discipline Staying Motivated And Achieving Goals

**Benjamin Cooper**



## **Motivation Strategies To Positive Thinking Discipline Staying Motivated And Achieving Goals:**

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