

Presented by BU Happiness College

# How To Get & Stay Motivated

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"Motivation comes from discipline."  
- **Ant Middleton**

# Misconceptions



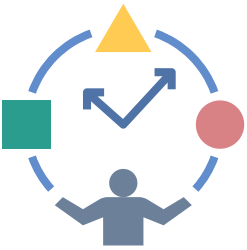
What are the misconceptions?

# Systems

What schedule can you set for your habits?



Where can you use a ritual or routine?



Where is your Goldilocks sweet spot?



# Commitment



## Accountability Buddies

**Who is best placed in your life to offer you social support?**



## The Ulysses Pact

**What Ulysses Pacts could you make with yourself?**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...