



Zero Motivation?

Swipe These 5
Fire Moves To
Unstuck Yourself

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1

Dress with Intent

Swap PJs for a “WFH uniform” (yes, even just sharp socks). Your brain clicks into work mode.

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2

Trigger a Mood Boost

Flash a 10-second smile; it's a dopamine unlock, according to science.

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3

Move to Reset

10 jumping jacks, a stair sprint, or a dance. Motion fuels momentum.

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4

Flip Stress into Play

Crack a joke, doodle, or write something fun.

Creativity and fun disarm resistance.

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5

Celebrate Micro-Wins Task done?

Whisper: 'I showed up,' and that's enough.' Then, reward yourself—coffee, a walk, or a guilt-free binge.

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**Share this with someone
you know who will
benefit from these tips.**