



Day 8
Motivation

Rest, Relax and Recharge

GELUKKIGE
STUDENT

Motivation

- Accept that you have been slacking and start fresh

➤ Accept that you have

**Don't give up
because you had
a bad day,
forgive yourself
and do better
tomorrow**

www.LaurenGelsberg.com

**GELUKKIGE
STUDENT**

Motivation

- Accept that you have been slacking and start fresh
- Celebrate success
- Connect to your goals

Exercise

Write yourself a motivation letter. To help you get started:

- Why did you choose your education?
- What do you like about your programme?
- What do you like to do when you are finished with studying?
- What kind of internship would you like to do?