

Stay Motivated in the New Year: 6 Simple Tips



Use this opportunity to create momentum for yourself in the new year & partner with a therapist if you need support – it could change your life.

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6 SIMPLE TIPS TO KEEP
MOTIVATION ALIVE

- 1 Visualize possible futures
- 2 Look at past successes
- 3 Match goals to your values
- 4 Start with small, achievable goals
- 5 Tell your friends
- 6 Go easy on yourself



And if you need a little help, talk to a therapist who can help you navigate your challenges in the new year.

Thriveworks has 2,300+ clinicians, who can help you in your journey to achieve your goals. Find the right fit for you and receive the support you need — you deserve that. Remember, therapy can be life-changing.

Book your session

Schedule a session today to see a therapist in-person or online, and use your insurance to cover the majority of the cost.

Call (855) 726-8765
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