



**INTERCAMBIOIDIOMASONLINE**

**MOTIVATION**

[WWW.INTERCAMBIOIDIOMASONLINE.COM](http://WWW.INTERCAMBIOIDIOMASONLINE.COM) | Marc Andrew Huckle



# Intercambioidiomas

## Motivation:

1. 45% of people quit their new year's resolution or plan after just one month. What are the best ways to keep motivated?
2. How can money be a good motivator?
3. How far is enjoyment a key factor in motivation?
4. Is it important to be focussed on a goal to stay motivated?
5. 63% of gym memberships go unused because people sign up for the wrong reasons. What is the best way to make you stick to your plan?
6. What is mental contrasting and how does it aid motivation?
7. What is "what the hell" effect?
8. Can collaborating with other people help you to keep motivated and stick to your goal?