



Hi there!



This is *Vivienne*. I'm the Founder of [The Fulfilled Women](#). It's a community of ambitious women who encourage each other to pursue their dreams.

My personal mission to help women become UNSTOPPABLE in achieving their God-given dreams. I pray this quick guide will help you get the motivation you need in order to succeed!

God bless your journey!

Vivienne





***How to
stay motivated
every single day***

How to stay motivated every single day

- Set more achievable goals.

The reason why you are getting frustrated and overwhelmed is because you are setting the bar way too high. Be honest with yourself. How much time can you give in order to achieve your goal? Are you in a season where you have limited time and money? Dreaming big is absolutely ok but if dreaming big is stopping you from progressing, set smaller goals leading to the big one.

- Create a Dream Jar.

This is my favorite! Get a jar and small pieces of paper. Write your dreams on each paper and before your day starts, pick one paper, close your eyes and imagine your dreams coming true! This works like a vision board.





- **Exercise.**

Get your energy up by waking every part of your body thru movement. You don't have to do HIIT if you don't want to. Do something that you actually enjoy (zumba, pilates, yoga, etc.). The important thing is that you get your body moving.

- **Create a before-work routine.**

Before you get started with work, create a routine to set your mood. Say a little prayer for guidance, read an inspiring book or watch something encouraging before heading for work. Possibilities are endless!

- **Listen to upbeat music.**

Similar to what exercise can do for you, dance music will get your energy up and get you pumped up and motivated.





We want to support you.

If you feel the need to be with more like-minded women who desire to have God-centered success, join us at [The Fulfilled Women Community \(Faith & Dreams\)](#).

We would love to have you there!

