

2 DAYS WORKSHOP



- ❑ Self-motivation is a reason for doing something without needing to be told to do it and free of pressure from others.
- ❑ Self-motivation is lasting motivation. It is the only motivation that really produces the desired result.
- ❑ It comes from one's own desire, eagerness and willingness, enthusiasm or ambition, etc. A motivated person feels he wants to and not he has to.



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