

The Art & Science of Motivation



PRESENTED BY
Chris Johnson



I don't have enough willpower – I've lost my motivation!

We all have areas in our life we want to improve, and sometimes we need motivation to help us get through them. Willpower is like a cell phone battery that will run out unless you plug-in and recharge. The key to sustainable motivation is learning:

- The Snowball Approach
- Developing Rechargeable Habits
- Extrinsic Motivation verses Intrinsic Motivation
- Discovering Your 'Why'

This event will be available virtually via Zoom and Facebook Live (links will be posted at www.covenanthealthcare.com/wellness). Join by using:

- Your smartphone's Zoom app
- Your computer's web browser
- Your phone (audio only)
- Facebook Live via the Covenant HealthCare Facebook page

For more event details, visit www.covenanthealthcare.com/wellness.

**VIRTUAL
PRESENTATION**



**Thursday,
January 27
12 noon – 1 pm**

