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From idea to action...how to motivate yourself?

You make plans which you don't follow through. You make resolutions but then you just give up on them. Why does it happen to us and how can we motivate ourselves?



(Photo source: fundesem.es)

Many failures that NEET youth experience in life, lead to lack of motivation. When they suffer from low self-esteem it's even harder to find motivation and inspiration for any action in their lives. But this problem can be solved. If you want to learn 3 simple steps to motivate yourself, please read this article:

"How to motivate Yourself: 3 steps backed by science" (by Eric Barker)