



Read This When... You Feel Unmotivated

Your 5-Minute Emergency Reset for Your Brain

It's okay to lose momentum. This is your three-part plan to reignite your drive—gently.

Feeling unmotivated isn't laziness; it's a signal that your energy and focus are low. Your brain needs a simple spark, not a full overhaul. This isn't about forcing productivity—it's about creating just enough movement to shift your energy and get back on track.

Rx Part 1: **The 60-Second Energy Shift**

Goal:
Wake up your
body and boost
focus.

Action:
Stand up.
Take three deep breaths
and shake out your
hands and shoulders.
• Do 30 seconds of any
movement—walk in
place, stretch, or
reach high, then low.



Rx Part 2: **The Clarity Reset**

Goal:
Reconnect with
what matters
most today.

Action:
Ask yourself: What's one
thing I actually care
about getting done?
Write it down.
Circle it. That's your focus.



Rx Part 3: **The Micro- Moment of Momentum**

Goal:
Turn that one
thing into
motion.

Action:
Break it down into the
smallest possible start
(e.g., "Write report" →
"Open laptop").
Do just that first step.
Momentum follows
action, not motivation.



Your Wellness Rx Takeaway: *Motivation doesn't come before action—it grows from it. Start small, and let movement create your momentum.*