



# 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.