

## MOTIVATION STATION

Motivation is what drives us to make things happen – but staying motivated isn't always easy, and probably harder at the moment while you're disconnected from so much that is familiar. Try the information on the links below to find something that helps give you a boost.



<https://au.reachout.com/articles/tips-for-getting-and-staying-motivated>

### Sunrise Inspiration app



<https://apps.apple.com/au/app/sunrise-inspiration/id903431119> Get inspired with this free app, which delivers a daily motivational quote paired with a beautiful image. It also includes inspirational videos and e-cards, plus a searchable quotes database so you can find and share the right words for the right moment. Available for iOS devices, including the Apple Watch.



<https://www.youtube.com/watch?v=0K8lrVjT6fM>



<https://www.youtube.com/watch?v=tbnzAVRZ9Xc>



<https://www.youtube.com/watch?v=MJoczDESU24>



<https://www.youtube.com/watch?v=Bi-7pho5XB8>



<https://www.youtube.com/watch?v=vtXKQOtNWPg>



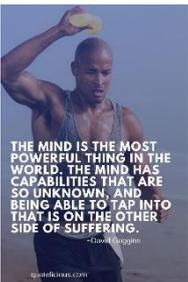
<https://www.youtube.com/watch?v=TjFoYy5F524>



<https://www.youtube.com/watch?v=j6PbonHsqW0>



[https://www.youtube.com/watch?v=wQyB\\_JtkK6Q](https://www.youtube.com/watch?v=wQyB_JtkK6Q)



<https://www.youtube.com/watch?v=TLKxdTmk-zc>



<https://www.youtube.com/user/viralrescue>



<https://www.youtube.com/watch?v=wnHW6o8WMas>



<https://www.youtube.com/watch?v=-JMAgzKvIIY>