



Be confident and job ready with the key skills employers want.

How do you keep motivated?

Here are a few tips:

- ▶ What are your core values? Set goals that fit with your values to help you stay motivated!
- ▶ Make sure your goals are specific and meaningful to you.
- ▶ Pick goals you can achieve with your skills and support network.
- ▶ When do you want to achieve your goal? Set a timeline for yourself.
- ▶ Track your progress! Break down your goal into the small steps you'll take to get there.



Motivation

Wanting to do something. It can also mean wanting to do something really well.

Find out how to get the skills edge by improving your Motivation skills.

Download the free Motivation workbook at upskillsforwork.ca

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