



How to Stay Motivated When You're Working at Home

1. Setup a Home Study/Work Space.
2. Wake Up Early (keep up with starting day as if times were “normal”)
3. Create a Regular Routine (motivate you DAILY!)
4. Plan on Taking Regular Breaks
5. Get Dressed For Work
6. Eliminate Distractions (at your discretion as you know what they are)
7. Set Up A Rewards System (again, keep you motivated)