What if I feel stuck or unmotivated, can the re-origin community help?

Coaching and Support · https://www.re-origin.com/support/can-community-help-with-motivation

Yes. The re-origin community is designed to support you when you feel stuck or unmotivated.

You can connect with others who understand what you're going through, share progress, and stay accountable through spaces like Progress Pals and Momentum Groups. Many members find that regular connection and shared experiences help them regain motivation and stay consistent.

1. **Shared Experiences**: Many members have faced similar struggles and can share tips, insights, and encouragement to help you move forward. This is a very uplifting place where we do not focus on symptoms!
2. **Progress Pals**: You can connect with a Progress Pal for mutual accountability and motivation.
3. **Momentum Groups**: These small coaching groups provide weekly live sessions where you can share challenges and celebrate wins.
4. **Ambassador-Led Spaces**: Join spaces focused on specific topics, such as healing with nature, creativity, and laughter to reignite your motivation.

Feeling stuck is part of the healing process, and the community is here to remind you that you're not alone and progress is still possible. Together, we celebrate small wins, share uplifting stories, and keep each other inspired.

What if I don't feel like engaging with the community?

That's okay. The community is there when you need it, you can engage as much or as little as feels right for you.

How does the community help with motivation?

It provides encouragement, accountability, and a sense of shared progress, which can make it easier to stay consistent even during challenging periods.