20 Ways To Get More Motivation

A monthly tips sheet by The Five Percent for Get Bullish

1. Work on something for *15 minutes only* (set a timer).

2. Switch up your **location**: try working outdoors or at a new coffee shop.

3. Think about what time of day suits you best, and when you have **most energy** for certain tasks.

4. Surround yourself with people wanting to do (and already doing) similar things.

5. Break goals down into **smaller pieces**, with a target **deadline** for each mini-task.

6. Get rid of *distractions* (hide your phone!)

7. Set up a personal **reward** system – like a bonus system you might have at work.

8. Remember the WHY: why are you doing this?

9. Manage your **fears** – recognize them, and then talk back to them. Are they true? *Really* true?

10. **Pre-determine** how you'll deal with flagging motivation, so you're ready.

11. **Raise the stakes**: make your goal public, or donate money if you don't do it.

12. Make use of motivational stories, videos, and music.

13. Get your thoughts organized (on paper, or with a friend), then **schedule in** what you'll do.

14. Make sure they're goals **you** really want to achieve (not what you *think* you should, or what other people say or do).

15. Find a way to make it fun.

16. Approach tasks in **new ways** or with a different approach, for a new perspective and more energy to help you get started.

17. Tackle **procrastination** – why are you delaying? Or: don't think about it, just jump right in.

18. *Routine trumps motivation*! E.g. writing every day at 9am is easier than relying on the motivation to write.

19. Remember **breaks**: it's as important to rest, as it is to achieve and do.

20. Everyone is different; play around to see what works for you. **Don't give up** if one thing doesn't work.

*Finally, know that **everyone** suffers from a lack of motivation at some point. You're not "weak" or "lazy" - it's human nature!*

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