

13 tricks to motivate yourself during lockdown & beyond!

Here are some other things to consider making work flow more naturally:

- **Passion.** Do things you have a passion for. We all have to do things we don't want to. But if life has become a chronic source of dull chores, you've got a problem that needs fixing.

- **Habits.** You can't put everything on autopilot. But putting a few core habits in place creates a structure for the day. Waking up at the same time, working at the same times and having a similar productive routine makes it easier to do the next day.

- **Flow.** Flow is the state where your mind is completely focused on the task at hand. While there are many factors that go into producing this state, having the right challenge level is a big part. Find ways to tweak your tasks so they hover in that sweet spot between boredom and maddening frustration.

Motivation Tips

Despite your best efforts, passion, habits and a flow-producing environment can fail. In that case, it's time to find whatever emotional pump-up you can use to get started. Here are a few:

1. **Go Back to "Why"** – Focusing on a dull task doesn't make it any more attractive. Zooming out and asking yourself why you are bothering in the first place will make it more appealing. If you can't figure out why, then there's a good chance you shouldn't bother with it until you can answer that – maybe check in with teacher.

2. **Go for Five** – Start working for five minutes. Often that little push will be enough to get you going.

3. **Move Around** – Get your body moving as you would if you were extremely motivated to do something. This 'faking it' approach to motivation may seem silly or crude, but it works.

4. **Find the Next Step** – It's impossible to work on a project. All you can do is focus on the next immediate step. Fighting an amorphous blob of work will only cause procrastination. Chunk it up so that it becomes manageable.

5. **Find Your Itch** – What is keeping you from working? Don't let the itch continue without isolating it and removing the problem. Are you unmotivated because you're tired, afraid, bored, restless or angry? Maybe it is because you aren't sure you have time or delegated tasks haven't been finished yet.

6. **Deconstruct Your Fears** – I'm sure you don't have a phobia about getting stuff done. But at the same time, hidden fears or anxieties can keep you from getting real work completed. Isolate the unknowns and make yourself confident you can handle the worst case scenario.

7. **Get a Partner (virtually)**– Find someone who will motivate you when you're feeling lazy. Find a friend to do a virtual workout with. Having a friend (or parent) can help motivate you to work hard when you'd normally give up.

8. **Kickstart Your Day** – Plan out tomorrow. Get up early and place all the important things early in the morning. Put down something small that you can achieve easily. Building momentum early in the day can usually carry you forward far later.

9. **Read Books / research on the net** – New ideas get your mental gears turning and can build motivation. Learning new ideas puts your brain in motion, so it requires less time to speed up to your tasks. Watch a mini podcast or a chapter.

10. **Get the Right Tools and space** – Your environment can have a profound effect on your enthusiasm. Computers that are too slow, inefficient apps or things that break down constantly can kill your motivation. Building motivation is almost as important as avoiding the traps that can stop it.

11. **Don't let your feelings rule** – Just do the next best thing, one step at a time.

12. **Develop a Mantra** – Find a few statements that focus your mind and motivate you. It doesn't matter whether they are pulled from a tacky motivational poster, or just a few words to tell you what to do. If you aren't sure where to start, a good personal mantra is, "Do it now!" or 'Just do it!'

13. **Build on Success** – Success creates success. When you've just won, it is easy to feel motivated about almost anything. Emotions tend not to be situation specific, so a small win; like you have just done the first thing on your schedule that is dead easy, that can turn you into a super-motivated being!