

7 Ways to Motivate Yourself to Work Hard When You're Really Not in the Mood

Motivation is rather difficult to achieve, isn't it? Some days you feel it, and other days you cannot grab a miserable corner of it no matter how hard you try. You stare at the computer screen, willing yourself to type, create, develop, and instead you find yourself simply going through the motions, barely caring about the work you are producing. Needless to say, you're totally [uninspired](#), and you do not know how to make yourself feel otherwise.

But effective self-motivation is one of the main things that distinguishes high-achieving professionals from everyone else. So how can you keep pushing onward, even when you do not feel like it? Here are some of the ways that you can consider:

1. Do Not Think About it as Hard Work

Do not think about it as hard work. Think about it as part of making yourself into who you want to be. Once you have made the choice to do something, you try not to think so much about how difficult or frustrating or impossible that might be; you just think about how good it must feel to be that, or how proud you might be to have done that. Make hard look easy.

2. Create Small, Bite-Sized Goals

There is a reason donut holes are so lovable. They are easy to eat. Before you know it, you have eaten a dozen of them. This is how goals should be too. Of course you should have a really big, bold goal. But make sure you break down that goal into bite-sized, consumable goals. This way you will feel like you are making progress in your journey and you will also feel a sense of accomplishment when you complete the smaller goals. A feeling of progress and achievement is a beautiful combination.

3. Read Daily

Make sure you find out time in your day to read. Read for at least one hour a day. If that's too much, start with 20 minutes a day and do it for one month (habit). Develop a belief that reading is the quickest way to success. It will make reading a breeze, and extremely fun and rewarding.

4. Stop Caring About the Things That Don't Matter

Doing things that do not mean anything costs us a ton of mental energy. Look at your aggregated to-do list, find things you know that you do not care about, and get rid of as many of these activities as possible. You will stay more consistently motivated if you're working on activities that are essentially meaningful or are part of a larger mission.

5. Set a Quit Time

Entrepreneurs tend to stray from the typical 8 to 5 workday, and global accessibility through emails and Skype makes it more than easy to have a 24-hour workday. But it is important to recognise when enough is enough. Set a realistic quitting time for yourself, and stick to it most days of the week. You will feel more refreshed and more productive when you allow yourself some down time.

6. Surround Yourself with Motivated People

The people who you surround yourself with will play an essential role in your personal and professional success. When you surround yourself with coworkers who are doing great things at work, they will also inspire you to push harder and do your own job better. Having peers who inspire you and push you to succeed is crucial. Make sure the people you are spending your time with are those who balance hard work and leisure.

7. Celebrate Wins

Start acknowledging all the good you are doing. Do not discount the little things. For example, how many times do you scold yourself for doing something small that was not perfect? Or how often do you think the good things such as being on time, They need celebrating. You need more wins in your life. This will motivate you, encourage you, and help you see how brilliant you truly are. If you're constantly waiting for a long-term payoff, you forget how crucial all the [little wins](#) are. And it can be challenging to stay motivated and on top of things if there's no reward in sight. Treat yourself with small things and do not underestimate how gratifying it can feel to recognise tiny advancements.

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Quote:

It's **NOT** about **perfect**.

It's about **effort**. And when you bring that effort every single day, that's where **transformation** happens.

That's how change occurs.

That's what you call **EXCELLENCE**.

(by going through a process)

#selfmotivationisthebestmotivation