

13 Ways to Motivate Yourself at Work

Lacking motivation at work? We hear you. Here are 13 ways to reinvigorate your work life.



- ☐ Create a big goal
- ☐ Start with small steps
- ☐ Frontload your days with your least favorite work
- ☐ Learn new skills
- ☐ Schedule weekly check-ins with A manager
- ☐ Find a mentor
- ☐ Practice gratitude
- ☐ Make a passion diagram
- ☐ Reward yourself for Accomplished goals
- ☐ Surround yourself with Motivated people
- ☐ Get feedback
- ☐ Take a break
- ☐ Stay positive