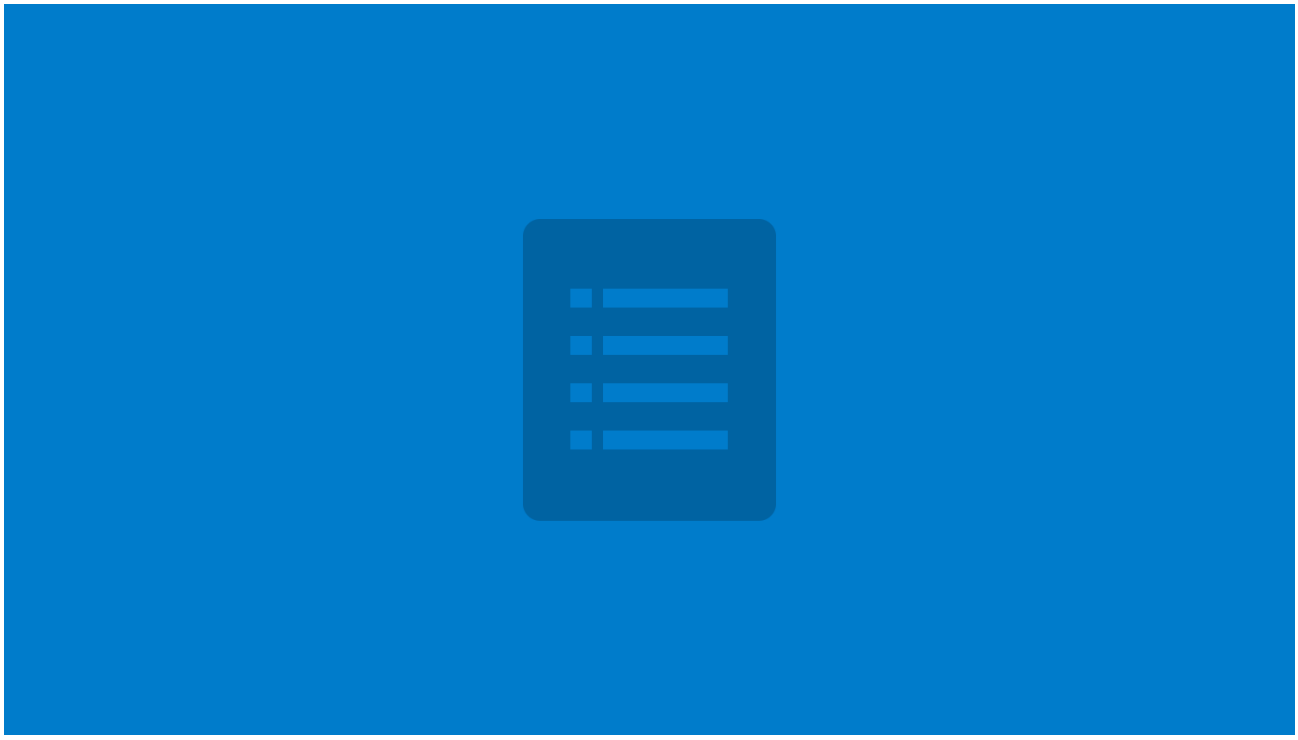
15 Ways To Get Motivated + Productive When You're In A Slump



1 . Accept that no journey is without twists + turns.

- [ ] If you're lazy, unmotivated, or in a slump because you fear failure, understand that failure is necessary to find out what works. So fail fast and learn quick.

2. Daydream.

- [ ] Close your eyes and think about the emotions you'll feel when you reach your goals. Let these feelings of joy, happiness, & excitement energize and motivate you.

3. Set aside time to strategize each evening.

- [ ] Each evening, review what you've accomplished and give yourself major props. Then, list up to three tasks you want to accomplish the following day.

4. Banish your news feed.

- [ ] Commit to not checking social media in the morning Or in the evening. Consuming negative energy disrupts your peace and productivity.

5. Start mornings off with positive energy.

- [ ] Positivity boosts your mood, motivation, and creative vibes. Wake up and meditate, exercise, or listen to inspiring podcasts,

speeches, talks, or radio shows.

6. Control your email; don't let it control you.

- [ ] Check your mail two to three times per day and not first thing. Prioritizing the demands of others over yourself isn't going to help you dig out of the slump.

7. Batch tasks to get work done faster.

- [ ] Skip mufti-tasking. Batch like tasks On your to-do list together to be more productive

8. Set a time when doing tasks on your list.

- [ ] If you’re a procrastinator, work in 30 to 45 minute timed spurts to set a deadline.

9. Do time-consuming tasks first.

- [ ] After you hit a productivity flow, Start challenging yourself by putting your more difficult to-dos first on the list so you can completely finish the hard stuff.

10. Give yourself time for fun + rewards.

- [ ] When you get stuff done, give yourself praise and indulge in a reward.

11. Grab an accountability partner.

- [ ] Staying motivated alone can be tough. Find someone to sit in the passenger seat to help you with directions and to support you on the journey.

12. Change up the scenery.

- [ ] Get outside. Get fresh air. GO somewhere new. New experiences are motivators.

13. Use website blocker sites.

- [ ] Block websites that contribute to laziness and lack Of motivation with Stayfocsd.

14. Go on a social media fast.

- [ ] If you're in a slump social media can cause FOMO Take a break for a while.

15. Outsource.

- [ ] If you can't do it all on your own, ask for help!

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