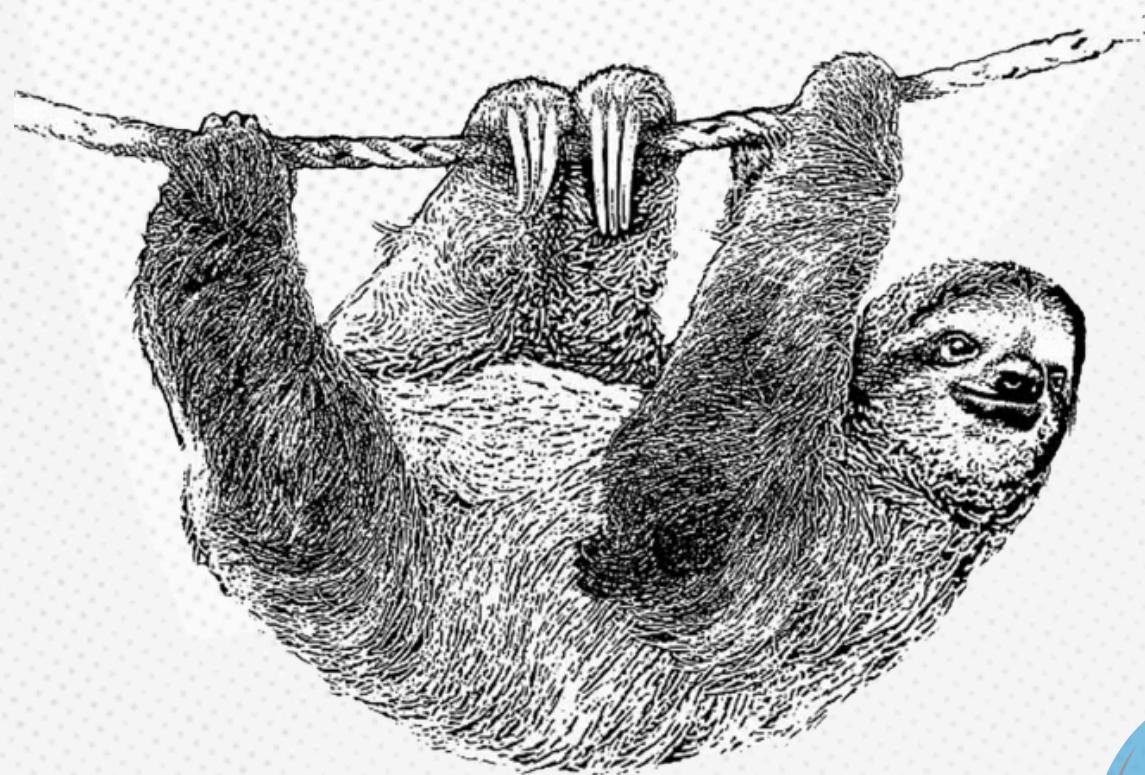


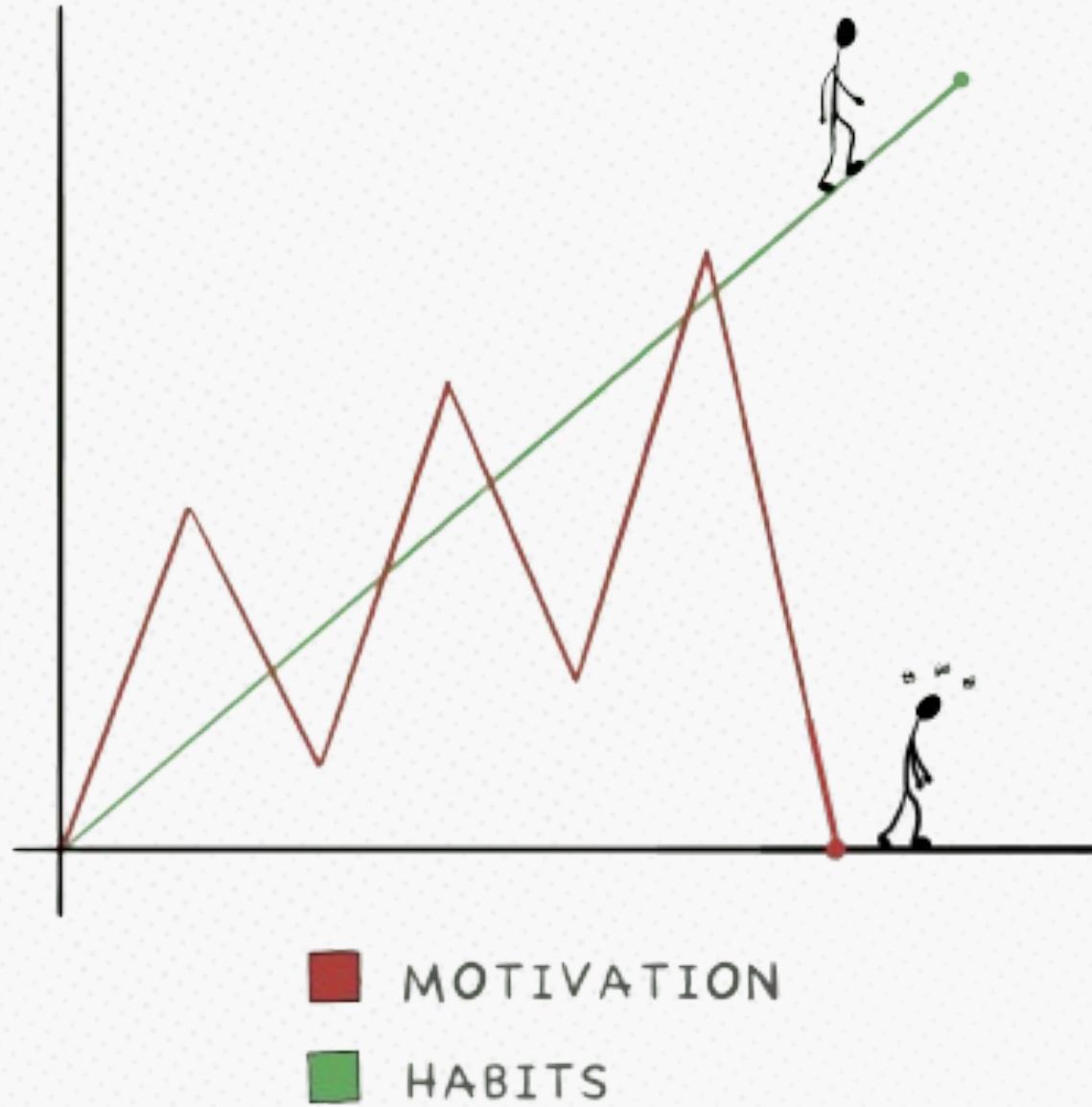
How to Get Things Done Even When You Don't Feel Like It:

Written by Colby Kultgen



Screw motivation.

It's fickle and unreliable (at best).



We should instead focus on the **systems** and **habits** that will help us get things done, even on the tough days.

1. Start small

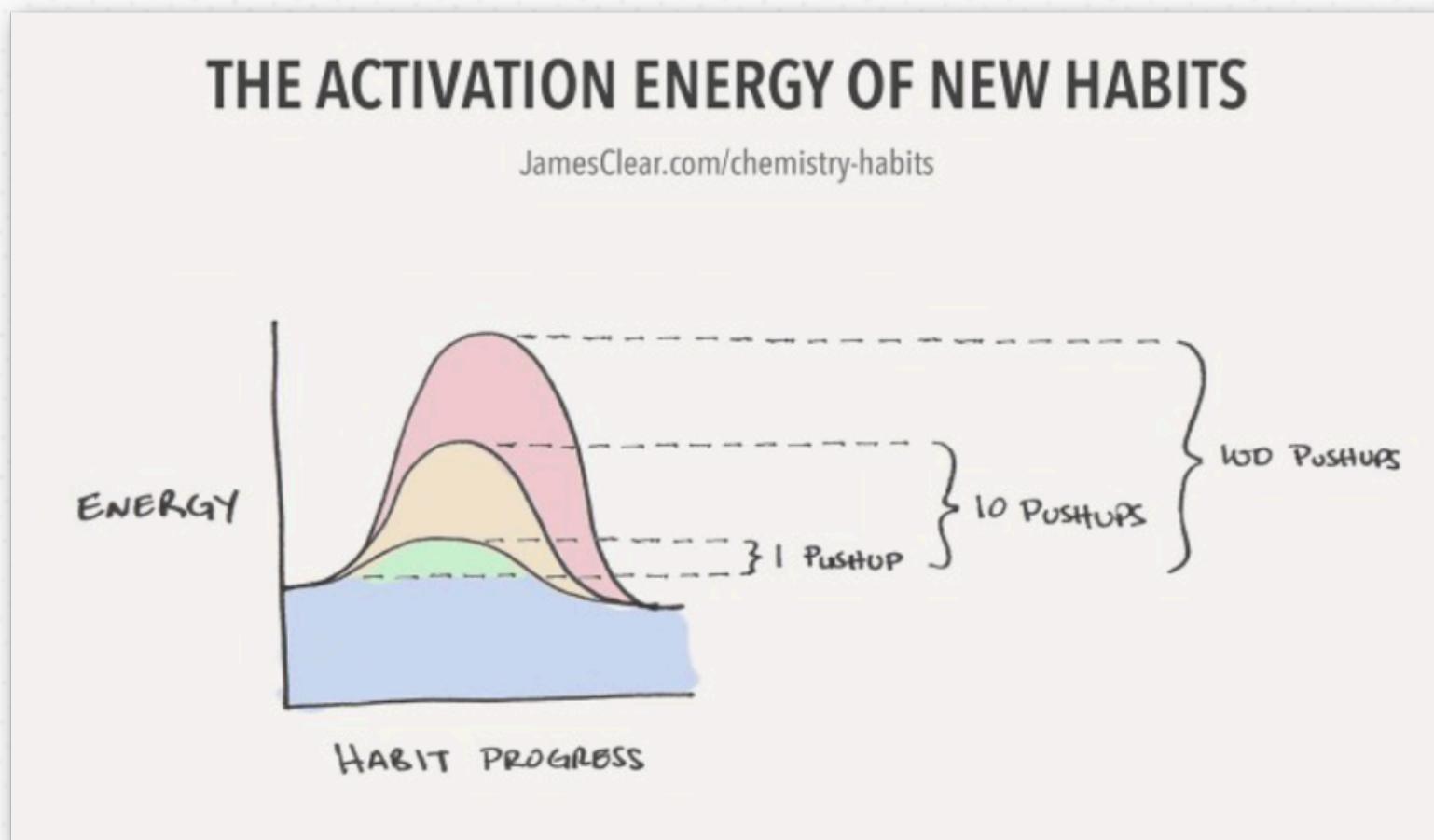
Like reallyyy small.

Do one push-up.

Write one line of code.

Meditate for one minute.

Make the **barrier to start so low** that you would feel stupid for not getting it done.



2. Set a timer

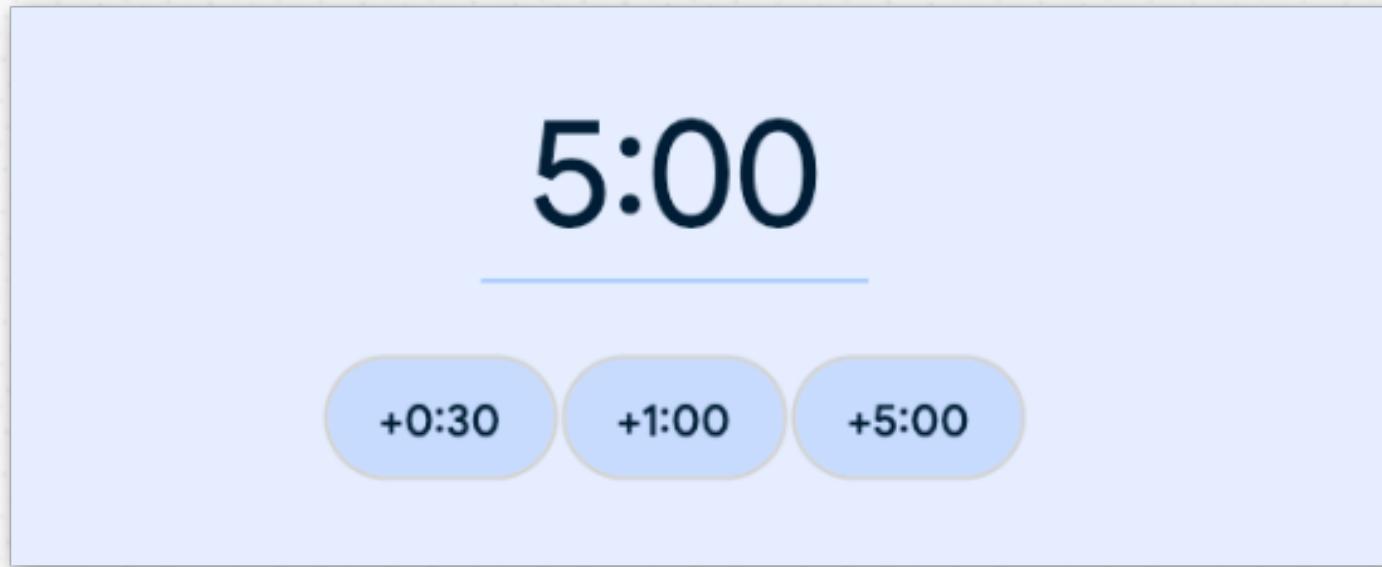
Make a deal with yourself.

Set a timer for 5 minutes.

Start a task you've been putting off.

When the timer rings, you can stop.

The trick is that **95% of the time** you'll want to keep going.



3. Make it the only option

Want to get something done?

Give yourself two choices:

1. Do the task
2. Do nothing (literally)

No phone, no computer, no distractions.

Do the task, or don't do anything at all.

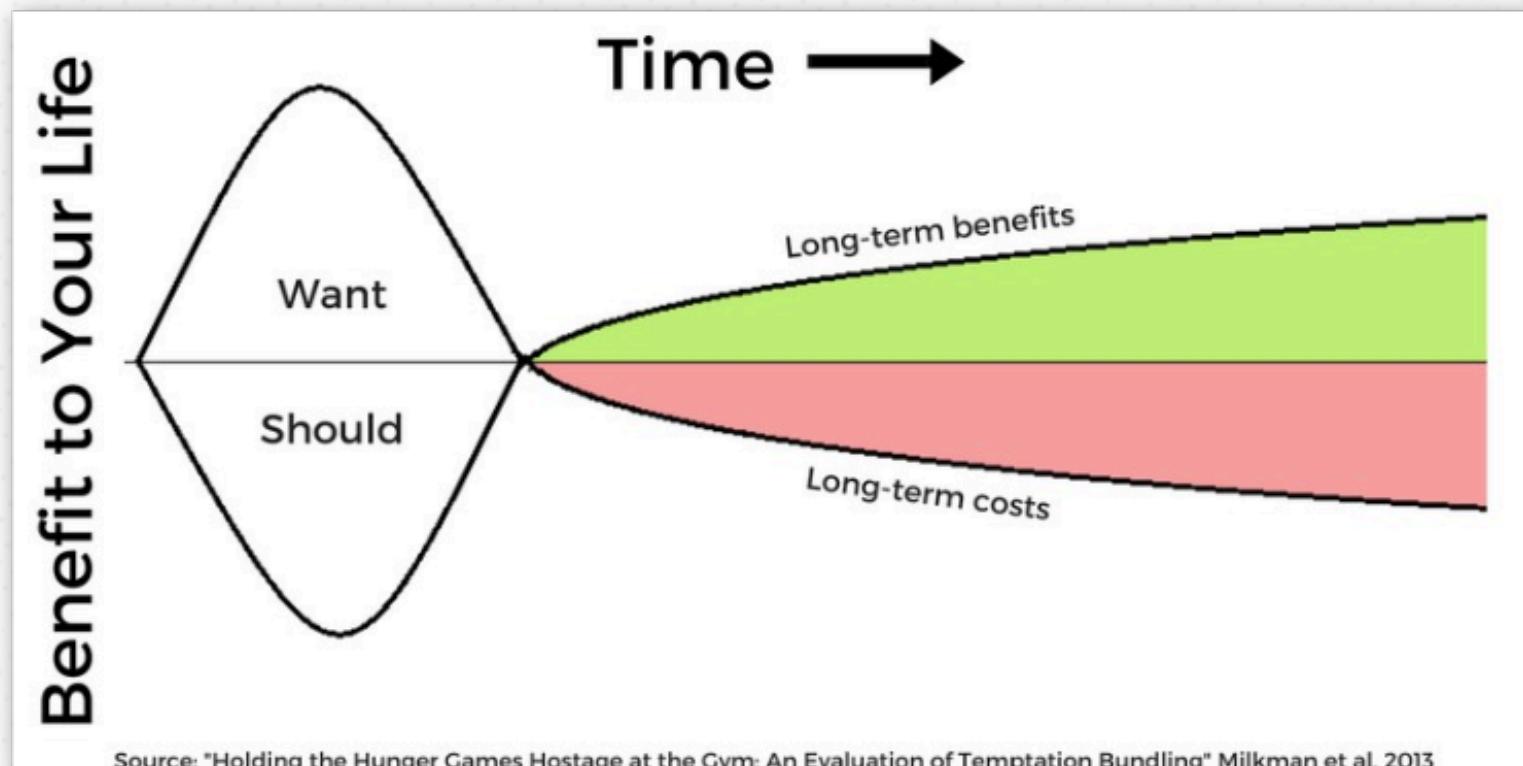


4. Use “Temptation Bundling”

Pair the thing you **NEED** to do.
With something you **WANT** to do.

Watch NetFlix—*while walking on the treadmill.*
Listen to a podcast—*while doing the laundry.*

Train your brain to crave those tough tasks.

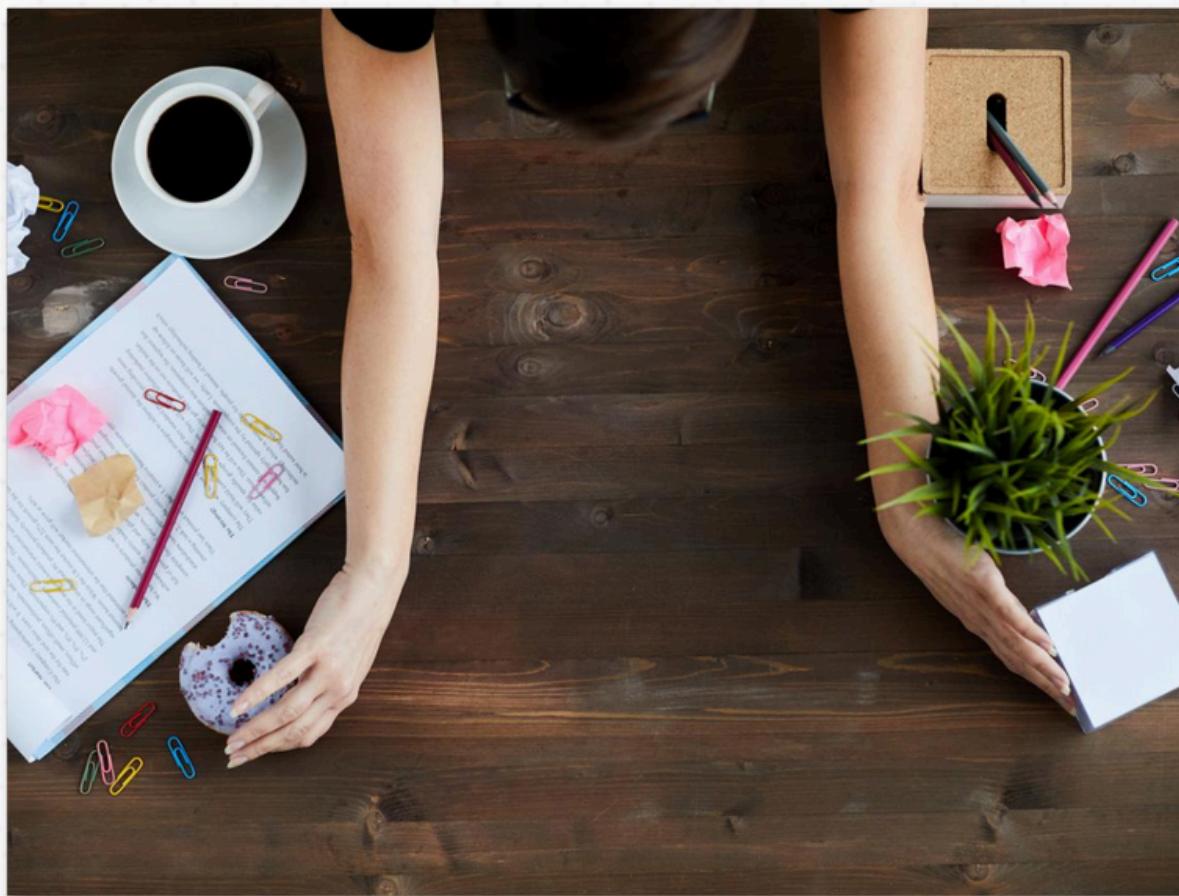


5. Change your environment

Sometimes a little **scenery shake-up** is all we need to get the motivation flowing.

- Clean up your workspace
- Take a short walk outside
- Open the curtains
- Light a candle
- Go to a cafe

Small changes go a long way.



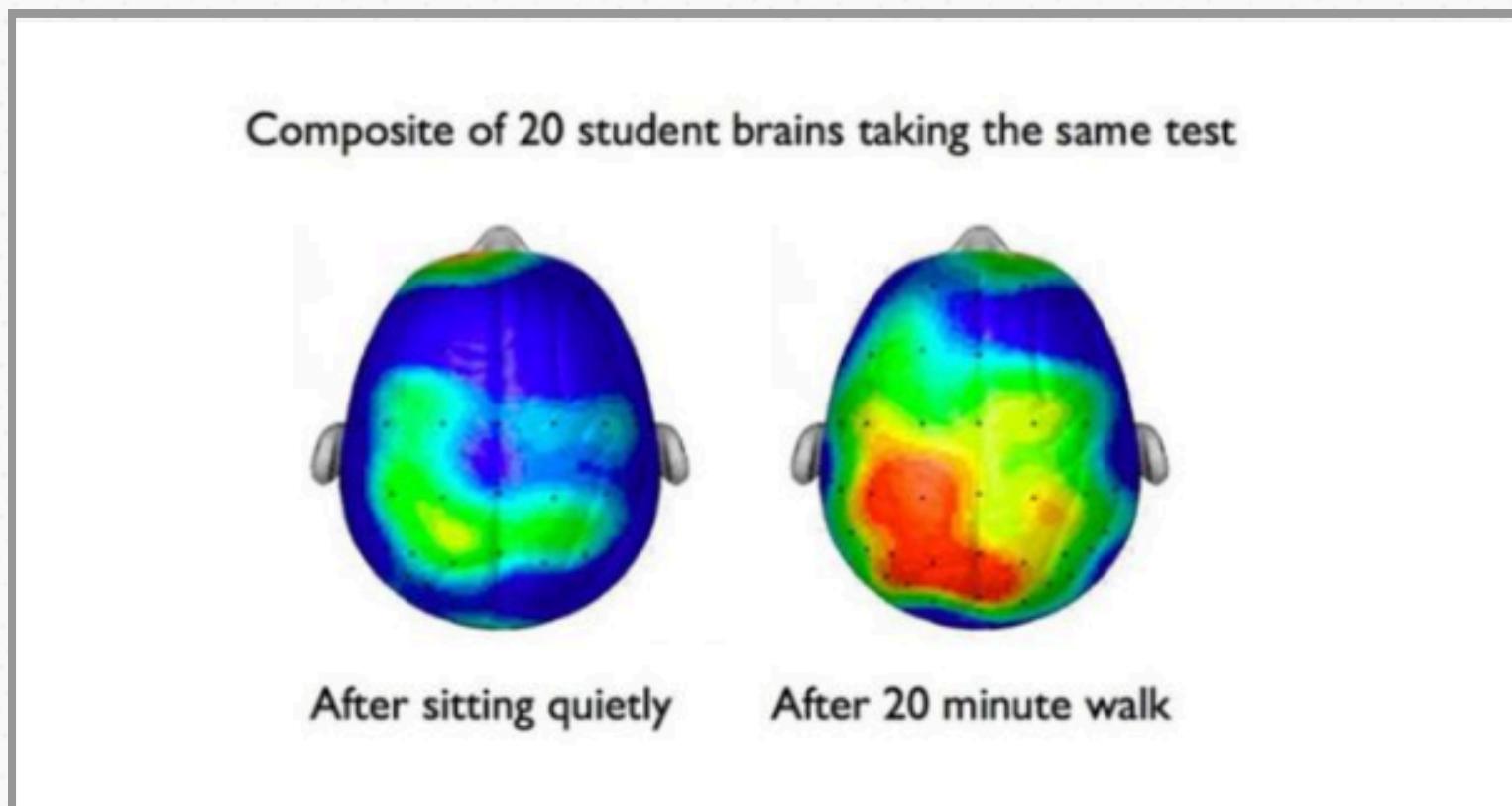
6. Get moving

Never underestimate the power of a walk.

It can be as little as 5 minutes.

Or try **Sahil Bloom's 5-5-5-30 routine:**

- 5 push-ups
- 5 squats
- 5 lunges
- 30-second plank



Credit: University of Illinois



7. Add accountability

Tell a friend about your task.

Ask them to **check in on your progress** in an hour.

A little public commitment goes a long way.



Bonus: Take a break

Sometimes lack of motivation is a sign of
impending burnout.

Listen to your body and brain.

But remember:

“If you get tired, learn to rest, not quit.

