

7 WAYS TO MOTIVATE YOURSELF

TO DO THINGS YOU
DON'T WANT TO DO



It's likely that your biggest challenge isn't that you don't know what to do.

It's the fact that you can't reliably get yourself to do what you know you should do.

If you could get yourself to do
the **hard things...**

...you could successfully follow
any diet, any exercise routine,
stay away from your ex, keep
your house clean, save money, or
ask for that promotion.

You'd never procrastinate.

**We're all severely limited
by the things we can't get
ourselves to do.**

**We know plenty, but we
have poor self-management
skills.**

**It's hard to think of a skill
that could impact your life
more.**

**Use these strategies
to change your life by
getting more control
over yourself...**

1. Consider what you have to gain by taking the undesirable action.

- What are the advantages of getting this task done?
- What do you have to gain?
- **Make a long list of advantages and use logic to your advantage.**

2. Consider what you have to lose if you don't.

- Now, do the opposite. Imagine the worst that can happen if you fail to act.
- Make a list of everything that could go wrong. What are the disadvantages of putting this task off?
- **Make it painful to procrastinate.**

3. Focus on how great you'll feel when it's finished.

- Visualize completing the task. Focus on how wonderful it feels. Imagine all the benefits you'll gain.
- Notice how happy you feel to finally have this monkey off your back.

Now do the opposite. Vividly visualize not doing the task and experience all of the negative consequences. Make yourself feel as horrible as you can. Don't worry, it's in your best interest!

4. Release the tension.

- Imagine doing the tasks and notice where you feel tension in your body.
- **Keep thinking about performing the task and relax those uncomfortable areas of your body.**
- When you can think about the task and not experience a negative reaction, it will be much easier to perform that task.

5. Start very small.

- Sometimes, the best way to get yourself to start is to start small. It might be a single phone call, five minutes of work, or cleaning out one closet.
- **Break your task down into bite-sized portions that you can handle with relative ease.**

6. Promise yourself a reward.

- Bribe yourself. Perhaps it's a candy bar, dinner with a friend, or a new TV.
- **Avoid being silly and putting yourself into debt.** But desperate times call for desperate measures.

7. Get a friend to help.

- **Give a friend an amount of money that's really meaningful to you.**
- It might be \$10 or \$1,000. Now, tell your friend not to give it back to you until you've completed the task.

You can really turn up the heat on yourself by giving yourself a deadline. Tell your friend they can spend the money if you don't complete the task on time!

If you could get yourself to do everything you knew you should do, your life would be unrecognizable.

You already know enough to have a much, much better life!

Information is hardly the problem these days. However, we still aren't any better at managing ourselves.

**If you can master this one skill,
everything is within your grasp.**

All you really need to do is learn
how to get yourself to do the hard
things. If you can do that, life is
easy!