

فروض واختبارات مع الحلول لكل المستويات — مجاناً

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If you're feeling UNMOTIVATED

Feeling lazy or sluggish? Here are some ways to start getting stuff done!

01 Motivation follows action.

Most people think motivation leads to action. But, 99% of the time you won't be motivated to do hard things. However, once you start doing them, you'll gain momentum and motivation to keep going. So...

✕ *Stop saying: "I need motivation to get started."*

✓ *Start saying: "I need to take action to get motivated."*

02 Think about your future self.

Remember that today's actions create your tomorrow. Visualize your dreams and goals. Then visualize what'll happen if you keep procrastinating. Now go and get one step closer to your goals.

03 Create an action plan.

Come up with a step by step process. Make it very actionable! Once you know exactly what you need to do taking action becomes way easier.

04 Think about what'll happen if....

- *you get it done - ex. you'll get a good grade, your teacher and parents will be proud*
- *you don't get it done - ex. you'll regret not putting in enough effort, your GPA will go down*

The first sounds so much better, right? So go and make it happen.

05 Use the five second rule.

How it works is you count down from 5 out loud, then go and do whatever you need to do.
Let's do it together - 5, 4, 3, 2, 1 and action! Get up and get it done.

06 Stop setting unrealistic goals.

Don't expect to get it all done in one day. If you set your expectations way too high, you'll be disappointed in yourself and start having negative thoughts, so be realistic when planning.

07 Burnout is real.

There's a huge difference between feeling unmotivated and being burnt out.
If you're constantly feeling exhausted, overwhelmed, distracted, pessimistic then you may be burnt out instead. If that's the case, consider taking a break for a few days & focusing on self care.

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If you're feeling OVERWHELMED

Feeling stressed or anxious? Here are some ways to beat stress & relax!

#1

Relax your shoulders.

When you feel anxious or stressed, you might notice strain or tension in your muscles. So take a few breaths, focus on the tense parts of your body and relax your muscles.

Never worry about things you can't control.

#2

Worrying is a complete waste of time. Instead think of all the things that can go right.

#3

Write stuff down.

Write whatever's making you stressed on any piece of paper you can find. It can be something specific or a list of things you need to get done that are making you anxious.

Do something you love.

#4

If you're still stressed, listen to some uplifting songs, go take a walk outside, read your favorite book. Do anything that'll make you feel better and cheer you up.

#5

Organize, organize, organize.

Not being organized causes so much daily, so create an organization system for whatever's making you stressed often. Ex. if you always leave your assignments to the last minute, get an academic planner, so you can manage your study sessions better.

Change overwhelm-inducing thoughts.

#6

Instead of thinking "I'll never get this done" when seeing your long to-do list, think "If I break this down into smaller parts, this will totally be doable". Overwhelm –> positive mindset.

#7

Evaluate what's important.

You may be stressed simply because you have too much on your plate. In this case you need to prioritize. Write down your priorities, do the urgent & important stuff first and then move onto the rest og things that aren't urgent/important.

Take a small action.

#8

Instead of thinking about the process of writing a huge essay, focus on the first step. Once you're done with it, think about the next small step. Just do the next right thing!

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If you're feeling UNPRODUCTIVE

Feeling busy or stuck? Here are some things that'll get you back on track!

STEP ONE: *Check in with your goals.*

If you're feeling off track, then you're not aligned with your goals. So, take a look at them, prioritize, and stop doing anything that doesn't get you closer to your dreams.

STEP TWO: *Celebrate what you have accomplished.*

Make a list of all of your wins instead of beating yourself up. Focus on your progress and you'll see that you've come a long way.

STEP THREE: *Go back to your why.*

Every good goal starts with why. Why did you decide to put a lot of time and energy into this goal? Does it still have that level of importance? If not, set new goals that truly matter to you.

STEP FOUR: *Design your environment for success.*

Make it easy to do the things that will help you reach your goals.
ex. Wanna drink more water? Keep a water bottle on your desk.
On the other hand, make bad habits harder.
ex. Don't wanna get distracted? Put your phone in another room.

STEP FIVE: *Have a reset day.*

Make a list of things you've been procrastinating and get as many done as possible in a day. It'll create a feeling of a fresh start and give you some motivation.

STEP SIX: *Swap your to-do list with a "done" list.*

Write down everything you've done in a day instead of everything you have to do. This will help you focus on progress and will eliminate stress and overwhelm.

STEP SEVEN: *Change your time management method.*

If you're doing things, but not moving forward, then you're wasting most of your time on things that don't matter. That means your current time management strategy isn't effective anymore and you need to new way to plan your days.

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"Make your "someday" today."