

HOW TO CONTINUE WORKING DESPITE NOT FEELING LIKE IT

by:
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Self-motivation is difficult. It can sometimes feel like you're pulling yourself out of a swamp by your own hair when you're attempting to stay motivated throughout a job, a project, or even a career. I frequently make the comparison to one of the fictional German hero Baron Munchausen's exploits. No amount of coffee or inspirational posters will be able to change our innate dislike of persistent work.

Effective self-motivation, however, is one of the essential traits that distinguish high-achieving professionals from everyone else. In light of this, how can you proceed despite your lack of motivation?

1. Consider your influence

Sometimes all it takes to get motivated is to keep in mind the beneficiaries of your labor. Pushing through can seem much simpler if you believe that you are improving someone's life, even if that person is a total stranger. In reference to what motivates Google employees, Larry Page once said: "If you're changing the world, you're working on significant things. You can't wait to get up in the morning.

2. Be receptive to feedback

You want to get whatever you're working on done swiftly and painlessly. Nevertheless, whether you want to motivate yourself or others, you are also interested in how the procedure may be improved.

You might receive that perspective from a boss or mentor occasionally, or you might get it from a colleague with a completely different perspective.

Google CEO Sundar Pichai offers the following advice for making the most of this experience: "At some point in your life, you have to work with people where you feel a little nervous. This is crucial because it shows that you are working with people who are more skilled than you and who are challenging you.

3. Reward both you and your coworkers.

Provide yourself with something to anticipate. The rewards can range from modest pleasures, like a trip to the breakroom for a fresh cup of coffee as soon as you finish slogging through emails, to more extravagant extravagances, like finally buying yourself that expensive pair of shoes you've been coveting as soon as you ship your current project.

Others can also use this. Send your coworker flowers or buy them lunch after they complete all outstanding required adjustments.

4. Gratitude is due.

Say, "thank you!"

Those two words have a lot of good deed power. Whether someone graciously provided a necessary referral or assisted in removing an odd malaprop from your presentation, it's important to express your appreciation. Even the simple compliment "Hey, you're doing a fantastic job" can give someone great encouragement.

References:

<https://hbr.org/2018/11/how-to-keep-working-when-youre-just-not-feeling-it>

<https://www.grammarly.com/blog/the-best-9-ways-to-stay-motivated-at-work-and-inspire-those-around-you/>