

Forum:[Hack Forums](#)

Thread: [motivational issues](#)

arondg15 - August 22, 2024, 12:20 pm

i have been learning pentesting but the harder the things im learning get the less motivated i am. This might be because i have been smoking more weed lately and been having some family issues but does anyone have any tips on getting motivation?

Eran - August 22, 2024, 1:58 pm

You can't expect to be motivated all the time. Discipline is key. I know it's hard getting stuff done when you're feeling like shit, but you should do it regardless. If it was easy, everyone would have it and it would hold no value.

arondg15 - August 22, 2024, 2:53 pm

(Aug 22, 2024 01:58 PM)Eran Wrote: [\[CITE\]](#) You can't expect to be motivated all the time. Discipline is key. I know it's hard getting stuff done when you're feeling like shit, but you should do it regardless. If it was easy, everyone would have it and it would hold no value.

The thing is i cant really focus when im unmotivated and when im reading about pentesting techniques or about something my mind wanders somewhere else

Velma - August 22, 2024, 2:56 pm

Get a routine, go bed at a specific time and wake up a specific time, eat healthy and quit the bad habits smoking etc and you will slowly go back to normal, this lack of motivation should only be temporary don't make it permanent by not changing your habits.

Oxyd - August 22, 2024, 3:27 pm

The advice I will give doesn't necessarily apply to the learning process you are going through, but it is currently working for me.

I wanted to get better at programming.

The best thing I did was adding a GitHub widget to my phone home screen.

This way, the widget is one of the first thing I see when I open my phone, and everytime I am reminded that I didn't commit anything yet for the day.

That doesn't mean I always do meaningful tasks, but I manage to stay disciplined.

arondg15 - August 22, 2024, 3:33 pm

(Aug 22, 2024 03:27 PM)Oxyd Wrote: [\[CITE\]](#) The advice I will give doesn't necessarily apply to the learning process you are going through, but it is currently working for me.

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I am not really into coding anymore so i cant do the github thing but im gonna uninstall windows and all distractions on my phone so i can just focus on pentesting.

M?tt - August 22, 2024, 3:35 pm

(Aug 22, 2024 01:58 PM)Eran Wrote: [\[CITE\]](#) You can't expect to be motivated all the time. Discipline is key. I know it's hard getting stuff done when you're feeling like shit, but you should do it regardless. If it was easy, everyone would have it and it would hold no value.

This is probably the realest and most honest advice you can get. Consistency will always win in the long run. Spending a few minutes a day watching a walkthrough on a CTF or getting spun up on Cybersecurity news is better than glazing over social media or letting your brain absorb nonsense that contributes no value to your goals.

Jamika - August 23, 2024, 2:14 pm

(Aug 22, 2024 12:20 PM)arondg15 Wrote: [\[CITE\]](#) i have been learning pentesting but the harder the things im learning get the less motivated i am. This might be because i have been smoking more weed lately and been having some family issues but does anyone have any tips on getting motivation?

U have to create new goals, encourage urself, its normal u get bored the more u study

Portugals - August 23, 2024, 2:47 pm

Think positive and be grateful

CrackHeadDboi - August 23, 2024, 10:57 pm

Needed this, thanks gang...

sebn - August 27, 2024, 9:40 am

what you need to do is realise you don't need to push yourself to be motivated but just sit down and put the stuff you want to learn about pentesting in front of you and not do anything else during the time you've set for this. There are a lot of distractions that you should just not do. So one of the coolest things is just starting and allowing yourself to either do it or nothing aside from it. So you can just sit and stare at the monitor with the material but not get sidetracked into anything else. Good luck

arondg15 - August 28, 2024, 11:00 am

(Aug 27, 2024 09:40 AM)sebn Wrote: [\[CITE\]](#) what you need to do is realise you don't need to push yourself to be motivated but just sit down and put the stuff you want to learn about pentesting in front of you and not do anything else during the time you've set for this. There are a lot of distractions that you should just not do. So one of the coolest things is just starting and allowing yourself to either do it or nothing aside from it. So you can just sit and stare at the monitor with the material but not get sidetracked into anything else. Good luck

the thing is when i say to myself that im gonna do that its sooo hard and when i started researching why i have a lack of motivation and find it hard to start doing things i found out that i probably have adhd so i told my parents about it and im gonna be taking a test soon.