

Forum:[Hack Forums](#)

Thread: [How do you stay productive when you're no longer motivated?](#)

Syndicate - October 21, 2024, 6:22 am

I often have a lot of trouble staying motivated when I feel burned out or on my days off. I often drop a lot of projects that I am able to do and I want to do. But it just gets tossed to the back burner and forgotten about.

Like a few weeks ago I wanted to build a website for myself using wordpress and have a Shopify-like-system in place. It's available out there and easily doable, but I get started and then I'm burned out so quickly. What do you guys do to stay on task?

Cooligan - October 21, 2024, 6:25 am

I think about what my original end goal was.

Some days I think to myself why I'm doing what I'm doing as growth can be slow at times, but then I have those days where they're so good that nothing could change my mind about it.

I suppose in the end it's just figuring out how to balance it for yourself personally.

Bastille - October 21, 2024, 6:28 am

I think about my ex-girlfriend, how many money I've lost, and to all other bad decisions I've taken in my life, and I ask to myself if I want to continue or to change that.

That helps me, a lot.

Chrome - October 21, 2024, 6:31 am

I think you need to remember why you're doing it, think if the end result, put some headphones in and blast some music while you smash thought it. That's what I've done with my past projects.

InspectorGadget - October 21, 2024, 6:34 am

Set your mind the task of "I will make a start for 15 minutes" - Do not let yourself take a break until those 15 minutes are up, I find that by the 10 I get 10 minutes in, it's starting the flow and I'll power through to get the task done.

It's not normally the task that is hard for me, it's getting it started.

Jinu - October 21, 2024, 6:39 am

To stay productive when you're feeling burned out, try breaking tasks into smaller, manageable goals so they feel less overwhelming. Use time blocking to focus on work in short bursts, and revisit why you started the project to reconnect with your motivation.

Morphh - October 21, 2024, 7:06 am

(Oct 21, 2024 06:22 AM)Syndicate Wrote: [\[CITE\]](#) I often have a lot of trouble staying motivated when I feel burned out or on my days off. I often drop a lot of projects that I am able to do and I want to do. But it just gets tossed to the back burner and forgotten about.

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The simple answer is: rely on discipline, not motivation.

RangoWorld - *October 21, 2024, 7:15 am*

You need discipline a routine that you will follow. Like setting aside an hour a day specifically for that project and blocking put that time. All you then have to do is show up for that hour and work on your project in that hour. It's of course easier said than done but discipline keeps you moving when motivation isn't there

Eran - *October 21, 2024, 8:19 am*

At first, you don't. Then you fail many times and realize you wasted years that could have been great progress. Then you do it regardless of whether you're motivated or not, because you learn from your mistakes.

Jake Johnson - *October 21, 2024, 9:34 am*

It can be hard but most of the time I remind myself why I am doing it or why I need to get it done. That usually helps me to smash it out and get it done.

sharn - *October 26, 2024, 10:50 am*

I handle tasks by focusing on one small piece at a time. Completing each part gives me a quick success that keeps me moving forward, even without a lot of motivation.