

Forum:[Hack Forums](#)

Thread: [What to do if lazy with 0 motivation to work](#)

avielderich - May 29, 2026, 2:13 pm

Theres a lot these things that you can do to improve your life, travel, and do things with money. but you lazy to work to get this money.

Deany - May 29, 2026, 2:25 pm

Need to set a small goal then try to get to it

Cap - May 29, 2026, 2:41 pm

You need to find something that truly motivates you, set a goal, and keep working at it. The problem with this generation is the amount of laziness and lack of drive to do anything.

Rsynced - May 29, 2026, 6:17 pm

beg + panhandle but this takes some effort. You have to exercise and get your brain producing chemicals and hormones to get you high. This why you lazy, your brain is rewired from being lazy. It's not making the chemicals needed for the jobs you could work if you have energy. Try some pushup and even just walk like 1 mile per day.

(May 29, 2026 02:41 PM)Cap Wrote: [\[CITE\]](#) You need to find something that truly motivates you, set a goal, and keep working at it. The problem with this generation is the amount of laziness and lack of drive to do anything.

He obviously needs exercise, he must be very weak I bet ?

cryptojack - May 29, 2026, 7:03 pm

I agree with the person suggesting training. Physical exercise is the best way to boost creativity. :)

Edmond Dantes - May 29, 2026, 11:31 pm

Think in your head - do you want better life or nah, this should give you motivation

RangoWorld - May 30, 2026, 12:04 am

Understand this that most of the motivation comes after taking action. Not the other way around.

So take some action. Any action. Like cleaning your room. Start from there. You will feel motivation.

Jakeonyoutube - May 30, 2026, 11:53 am

dont be one of the people as when u get older u regret stuff u could of done in ur young years

MadScientist - May 30, 2026, 12:00 pm

Then be lazy and do nothing in your moms basement

Riddler - May 31, 2026, 5:34 am

if it's a big task, try to break it down to little achivable bits, your dopamine reward system (if it's not bugged or damaged :D) will benefit this, so if you just did one little small thing, you have at least done something instead of giving up on the whole pile!

gman404 - May 31, 2026, 5:39 am

No motivation needed

Just discipline

Sift - May 31, 2026, 5:21 pm

Hopefully turn your hobby into cash cow

diablospartan - June 2, 2026, 4:14 am

Well the bad thing about this its that you need to find your way and dont wait for somebody to wake you up

mlp_guero112 - June 22, 2026, 8:27 pm

Just do it

Slumerican ? - June 23, 2026, 2:52 am

I am where you are. I believe first we have to work with ourselves. In a deeper level then start with something small day by day.

f o r m i d a b l e - June 23, 2026, 5:04 am

You need to go see a doctor. Get a diagnosis. If you're that demotivated, you could have diabetes, aspergers, schizophrenia, etc. People work to stay alive.