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Finding Motivation: What to do when you don't feel like doing anything

These success strategies are not merely “pie in the sky techniques”, but proven ways to get yourself to go even when you don't feel like doing anything.

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"The measure of your success usually comes down to who wins the battle that rages between the two of you. The 'you' who wants to stop, give up, or take it easy, and the 'you' who chooses to beat back that which would stand in the way of your success – complacency."

Chris Widener

In all of my interactions with people, I've never found anyone, regardless of their level of success, who doesn't sometimes find themselves simply not wanting to do the things that they need and want to do.

> ***It is a part of human nature that there will be times that, in spite of all that we need to do, and even desire to, we will find ourselves not wanting to do anything.***

And what separates those who will become successful from those who will maintain the status-quo, is the ability at those very crucial moments of time when we are making decisions about what we will do, to choose to

find the inner motivation that will enable us to conquer our complacency and move on in action.

I find that I confront this issue in my life on a regular basis, so the following success strategies are not merely “pie in the sky techniques”, but proven ways to get yourself to go even when you don't feel like doing anything.

Honestly evaluate whether or not you need a break.

This is the first thing that I usually do when I find that I don't want to get to a specific action. The fact is that oftentimes we will have been working very hard and the lethargy we are feeling is really our body and emotions telling us that we simply need a break. And this is where it takes real intellectual honesty because when we don't need a break our mind is still telling us we need a break! But sometimes we do need a break. I'll give you a good example.

I don't particularly like to exercise, but I do almost every day. Sometimes, I find myself before going to the club thinking about how I just didn't feel like going. Most of the time I am just being lazy. However, sometimes I realize that my body needs a break. So from time to time I will take a one or two day break from working out. The benefits of this are two-fold: One, my body gets a break to regenerate itself.
Two, after a day or two, I begin to miss my workout, and eagerly anticipate a turning to the gym.

Other examples: Perhaps you are a salesman who has been phoning clients for a week straight, day and night. You wake up one morning and just don't feel like doing it any more. Well, take a break for the morning. Go to a coffee shop and read the paper. Go to the driving range and hit some golf balls. Take a break and then get back to it!

Starts small.

I'm at a point in my workout schedule now where a typical workout day for me consists of 30 to 45 minutes of aerobic exercise, and about 30 minutes of weight lifting. So when I find myself not wanting to get up and go to the gym, I will sometimes make a commitment to go and just do a smaller workout. Instead of deciding not to go, I'll commit to doing 15 to 20 minutes of aerobic exercise and 15 to 30 minutes of weight lifting. This is also good for two reasons. One, I actually get some exercise that day.

And two, it keeps me from getting into a cycle of giving up when I don't feel like moving toward action.

Other examples: Maybe you are a writer who simply doesn't want to write today. Instead of the long day writing you had planned, decide that you will at least outline a couple of new articles. You will at least get these done, and you may have found that you put yourself into the writing mood after all.

Change your routine.

I have found that what keeps me in the best shape and burns the most calories for me, is to do 30 to 45 minutes on the treadmill every day. Now let me be very blunt. I find running on the treadmill to be extremely boring. Usually I can get myself to do it, but sometimes I need to vary my routine. So instead of 30 to 45 minutes on a treadmill, I will break down my aerobic exercise routine into a number of different areas. I will do ten to 15 minutes on treadmills, 10 to 15 minutes on the reclining cycle, 5 to 10 minutes on the rowing machine, 5 to 10 minutes on the stair stepper, and then back on to the treadmill for five to 10 minutes. I still get my exercise, but I'm bored a lot less.

Other examples: Maybe you are in construction and you have been working on the plumbing for a week, and it is getting monotonous. Don't do the plumbing today! Go frame-in the office.

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at

age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!

Consulting Services

Chris Widener is proud to offer his consulting services to you. The following three areas are his specialty areas. If you have been considering the help of an outside source to help you in business or life issues, you'll want to read the following information.

Personal Growth

As a person who has worked for 10 years with people from all sorts of backgrounds, Chris Widener is an expert in personal growth. Our lives aren't just all business. We have intellectual pursuits, spiritual lives, families, hobbies, and recreation to think about too. For the best advice on how to maintain a balance in all of the areas of your life, Chris can be your own personal growth coach.

Business

Starting a new business or just want a boost for an existing one? Chris Widener is the resource you are looking for. Chris has a knack for taking complex issues and boiling them down to a step by step plan of action to help you achieve your business goals. Drawing from his own experience and a network of successful contacts, Chris can help guide you down the path of success.

Got problems? From small problems to large ones, Chris can help you get solutions! He will help you determine the problem, and then get you on your way to solving the problem in no time.

Sometimes you need an outside source to take a look at what you are doing and provide smart, creative advice. Email Chris today!

Speech Coaching

As a professional speaker, Chris is one of the best. Now, he can help you become your best whether you speak every day or simply have a once a year speech coming up. Chris has both on-site coaching and video assessments available. Email Chris today to find out how you can reach your peak as a speaker.

For strategy, advice, encouragement and an honest appraisal, give Chris a call. 425-444-GOAL