

# Simple Things *to* Do When You're Unmotivated

Ordinary & *Happy*

**MOTIVATION**

- Schedule one evening to plan the rest of the month: use this evening to get ahead.
- Acknowledge your small wins with simple rewards.
- Introduce weekly or monthly planning Sundays to start your weeks with clarity.
- Meal prep as much as you can on weekends.

**MOTIVATION**

- Make your alarm a feel-good dance song.
- Adjust routines by making one simple change at a time.
- Complete smaller, easier tasks first to build momentum.
- Alongside day-to-day tasks, set a fresh goal that excites you.

**M&M  
OVENTURE**

- Try some simple morning movement routines.
- Schedule get-togethers and self-care activities outdoors if you can.
- Get indoor plants to bring nature inside.
- Do a little more gardening.
- Go outside, get fresh air, and take short nature walks as much as you can.

**POSITIVE**

- Refresh your home with spring decor and splashes of color.
- Create a simple 5-10 minute morning routine that motivates you.
- Try positivity journaling with ideas like 'I'm grateful to spring for...' and 'I'm excited for summer because...'
- Create playlists that inspire you.

**SCALE**

- Take an evening to reflect on the week or month with fondness and then encourage yourself to let go and look forward.
- Read inspiring stories.
- Practice self-compassion through more journaling or 'me' time.
- Have evenings to make plans for spring or summer trips or getaways.

**SOCIAL**

- Simplify commitments and don't say 'yes' to every event, if possible.
- Call friends or family for catch-ups.
- Start an accountability group with friends or family.
- Start a 30-day accountability challenge, like daily fitness or reading.
- Talk to friends or family members about the small wins and challenges to remind you that you're not alone.

**MORE**

- Don't take it all on by yourself: try to find even one task you could delegate or get support for.
- Revisit your 'why' to motivate you on tough days.
- Follow people that motivate and inspire you.