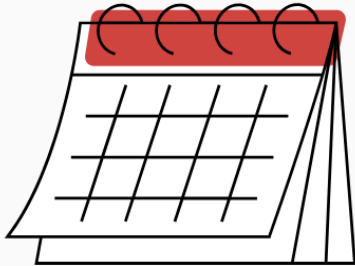


Tired?

Everyone gets burnout. Everyone gets tired of doing work and studying. So, how do you force yourself to keep going when it's the absolute last thing you want to do.

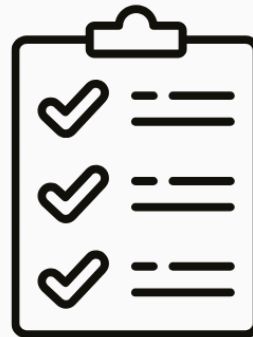


DOWNLOAD Google Calendar.

Create a google calendar and schedule every. single. thing. I'm talking about showering, working out, eat. Because when you're burnout the last thing you want to do is stay on schedule. Time-block every task because that way your brain feels less stressed.

Easy Day.

Create a bare minimum list. Not 50 things for when you feel your best. TWO or THREE things MAX. These must be done whether you want to or not. For the days you feel your worst. Create another list for when you feel your best add 20 things.



Follow your plan.



I know it's easier said than done. But FORGET your mood and follow the plan. You made the plan on Monday ignore your mood on Tuesday. People who are consistent don't base every decision on their mood.

Take a Damn Break.

You can't keep working when your body wants to do anything but work. Sometimes you NEED to take that break. BUT there is a difference between scrolling for two hours and going for a 15 minute walk. Take the RIGHT break.

