

HOW TO GET MOTIVATED TO CLEAN

8 SCIENCE-BACKED MOTIVATORS

Track small accomplishments

→ Writing down the things you accomplish will encourage the release of dopamine in your body, which will encourage you to keep going

Set micro deadlines

→ Setting micro deadlines to complete small tasks will give you a sense of accomplishment as you see your work getting done

Anticipate the reward

→ Anticipating a reward - the endpoint - leads to motivated behavior. Motivated behavior puts action behind goals

Write down your goals

→ You're 42% more likely to accomplish a goal when you write it down. Writing down your goals puts your plans into action

Turn a task into a habit

→ Do something small each day to turn your tasks into automatic habits (want to keep the kitchen counters clean? Put 5 minutes aside every morning to tidy them)

Be optimistic

→ Look at the upside of things. Optimism is a powerful force that will motivate you to pursue your goals

Single-task

→ Having too many tasks on the go means nothing gets done. Focus on completing just one task at a time before moving on to the next.

Prioritize downtime

→ Removing yourself from the task completely and letting your brain rest will supercharge your productivity when you get back to the task