

How To Stop Being Lazy & Make Money!

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Is being lazy killing you? Do you feel unmotivated? I did as well at one point. However, it was quite recently where I decided to kick it into overdrive and make a change. Laziness, procrastination, and feeling unmotivated can lead to a very unhappy life.

For a lot of people, this comes from not knowing what they want to do in life. Furthermore, so many negative things in life can happen. It can get you to the point where you just say, what's the point? That is not the mentality we want you to have. However, I can relate because just like you, I'm human. Here we will go through a few suggestions that can help you stop being lazy so you can get up, earn money and improve your life!

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1. Tell Yourself To Stop Being Lazy

I know it sounds like it won't work but it may surprise you! Anytime I want to sleep in or not do something I say "Chris, stop being lazy!". At that moment I get up and do whatever it is that I need to do. The concept of this idea goes a lot deeper than those 4 words.



It can be used as a type of reminder that being lazy won't do anything for you.

Sleeping in may feel nice at the moment but that's the valuable time that can be used to making your goals become a reality. Take some time and find some sort of motivation. You don't have to rush but remember the longer it takes for you to pick yourself up, the longer it will take for things to get better.

2. Set Daily Goals

This is one that I started doing and it has helped me stop being lazy at least a little bit. Setting daily goals can help drive up productivity immensely! Life is like a marathon and it takes multiple steps to get towards the end goal. I'll use this website as an example.



Every day I'll create 5 little goals I need to achieve in order to get to where I want to be in life. However, these daily goals need to be very specific and need to have a purpose. I'll use one day to focus on creating content and editing. Another day I'll focus on marketing by posting on social media sites such as [Instagram](#) or !

Pick your goal, it can be whatever it is. Create 5 (depending on how much you can handle) goals every day. Make these goals the first thing you work on so you know they'll get done. Sooner or later you'll see the huge goal you had was really a walk in the park.

You'll be able to achieve it with organization, handwork, and determination. Slowly but surely you'll see the progress that you never thought was possible. If you can complete one goal for a day, don't let yourself fall behind. Try to compensate for it the next day or even the day after that!

3. Exercise

Exercise helps improve your life in **MANY** different ways. My energy levels definitely increased from me going to the gym. Working out can increase your energy levels, reduce the risk of heart disease, lower or increase body weight and increase your mood!

The two huge ones here (depending on who you are) are the energy and mood level increases. Exercising makes you want to be active and puts you in that mind state to consistently be moving! Most people procrastinate because of a lack of discipline. They're too tired or are not mentally ready to deal with the strains of doing work.

When you feel your mood change, you'll realize that you won't want to be lazy. The things that are bad for you will slowly be cut out of your life. When your drive for success increases, that's why you will stop being lazy and make more money! It doesn't have to be a lot of work.

Focus on working out once a week and gradually increase it. Your mind and body need to be fortified to be able to deal with all the extra work you'll be doing due to less procrastination. Exercising has changed my life in many ways other than strictly health. Stay dedicated and persist through all obstacles!

4. Eating Well

Eating well is probably the largest part of the equation. How you feel and look is directly related to what you eat. It takes the saying "You Are What You Eat" very literally, but it's true. Certain foods have the ability to work wonders. Some foods increase your memory, others have the ability to help you think and articulate your thoughts properly. Eating well is known to prevent certain diseases and stop you from getting sick.

As stated by [Shaw Academy](#) "A healthy diet can play an important role in enhancing your mood. Studies suggest that there are certain foods that help you beat stress, low mood and depression." Eating well combined with working out will change your outlook on life, increase your mood, life longevity, blood pressure and just your life in general.



5. Treat Yourself For Not Being Lazy

Lastly, You should really treat yourself. Maybe one day have a cheat meal or another just relax. Moderation is absolutely key! Most people don't want to work so hard with no reward. However, if there is not enough progress made or the week, discipline yourself to not be rewarded. The idea is to set a bar every week and to reach it.

If you're not able to reach it then there is no point in rewarding yourself. Set short-term goals with short-term rewards. Those short-term goals help build the long-term goals. Once that longer goal is reached, you can reap the long-term benefits from all that hard work and determination.

