Name: Date:

Section: Score:

“What to Do When You Don’t Feel Motivated”

Everyone has days when motivation seems to disappear. Maybe you’re staring at a homework assignment that feels too big. Maybe you just don’t feel like doing chores, exercising, or studying for a test. Even people who seem productive struggle with this — it’s part of being human.

But here’s the good news: you don’t always need to feel motivated to take action. Some of the most successful people have learned how to keep going, even when they don’t feel like it. They build habits, use strategies, and shift their mindset to help themselves move forward.

Your task:

Write about what you can do when you don’t feel motivated to do something important.

Think about tools, tricks, or mindset shifts that help you get started — even on tough or lazy days. Do you break the task into small steps? Set a timer? Reward yourself afterward? Remind yourself why it matters?

You can write from personal experience or give helpful advice. Be honest and thoughtful — your words might inspire someone else!