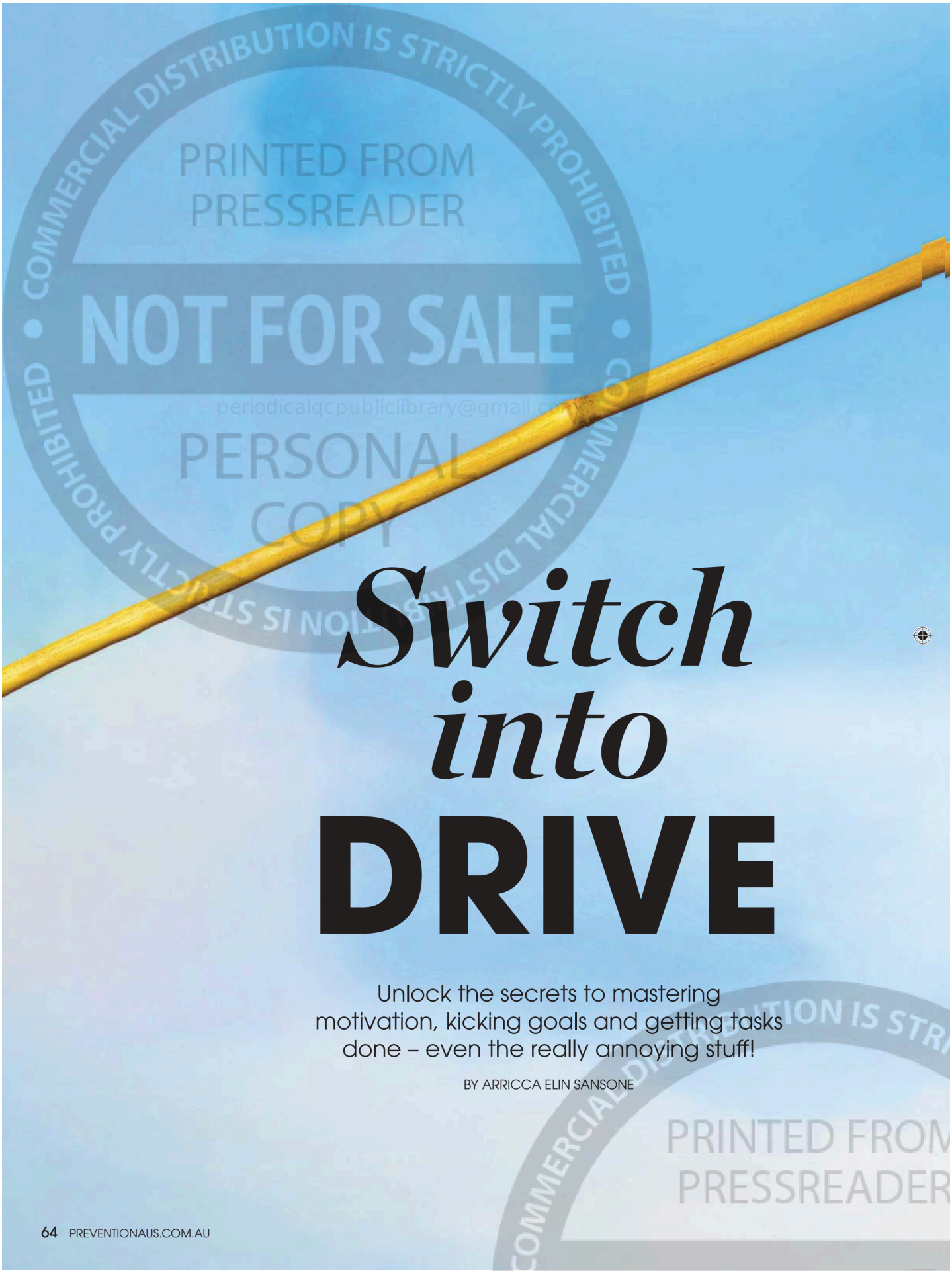
- Motivation (Psychology)



Switch into DRIVE

Unlock the secrets to mastering motivation, kicking goals and getting tasks done – even the really annoying stuff!

BY ARRICCA ELIN SANSONE

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First things first: You're not a machine, and it's perfectly normal to feel unmotivated some of the time. Maybe you know you should cook more, yet you lean on getting takeaway week after week. Or perhaps you resolved to build a regular meditation practice, but when it's time, you'd rather scroll on your phone. We all struggle to find the drive to do certain things. Fortunately, experts agree that lack of motivation isn't permanent and there's lots you can do to accomplish your goals or at least meet your responsibilities. Consider this your guide to stepping up and getting things done! ►

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