

7 REASONS YOU'RE LAZY

AND WHAT YOU CAN DO ABOUT IT

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Do you ever feel lazy? Are you ever accused of being lazy? Today is the day you can learn about laziness and how to address it. Everyone knows what it's like to feel lazy. Even the most successful people have lazy days.

The occasional lazy day isn't an issue. **But, when you're constantly feeling lazy, you might need to take steps.** Life is too short to waste. You're not making the most of your time if you're being lazy on a regular basis.

Address the cause of your laziness and take control of your time with these strategies:

- 1. Are you lazy or just procrastinating?** Are you really lazy? Maybe you're just dreading what you need to do. The result is the same, but **procrastination is often mistaken for laziness.** Consider why you're failing to take action. You might just have an issue with procrastination.
- 2. Low motivation.** Motivation is hard to generate without taking action. Motivation is more of a symptom than a cause. Take action and then motivation can follow. It's not easy to act when you simply don't feel like doing it, but it's an important skill to develop.
- 3. Fatigue.** Fatigue can lead to laziness. It takes a certain amount of energy to do something and maintain a positive attitude. Imagine trying to get things done after a night of only three hours of sleep. Of course, you're going to feel lazy. Get some rest if you need it, so you can start anew feeling refreshed.

4. **A lack of interest.** Some tasks are boring or inconsequential to you. It's like when your dad wanted you to clean out the garage. You probably didn't care if the garage was clean or not as long as you could get to your bike without too much difficulty.

- **Ask yourself what the benefits are to you.** Maybe you do gain something by taking this action. For example, you might not like practicing the piano, but you will improve and can play beautiful music in the future.

5. **Hopelessness.** When you expect to fail, it's not easy to feel excited and full of motivation about doing something. Laziness is often a symptom of hopelessness -the belief that your time and effort won't make an impact on your life.

- **Prove to yourself that you can impact your life.** Set a small goal and achieve it.

6. **Indecisiveness.** Some people aren't lazy. They just can't make up their minds. You can't take action if you don't decide. Choosing something is better than choosing nothing. Pull the trigger and do the best you can. **Things have a tendency to work out if you take action.**

- Think about your values and what you want to accomplish in your life. This can make one option stand out over another. If you truly can't decide, rolling dice is better than standing still.

7. **A lack of direction.** Do you have goals? Do you feel like you have a purpose in life? A lack of direction can lead to indecisiveness and a lack of motivation. Many people aren't sure what to do with their lives and decide that doing nothing is better than doing the wrong thing. This is faulty thinking. Any progress is better than none. The longer you wait, the harder it is to get started.

Are you lazy? Or is it something else? **It really doesn't matter, as long as you know the reason for your lack of activity.**

Figure out what's going on and get yourself back on track. You only have so many days on Earth. Use them to create the life you want to live!