

Productivity Tips To Overcome Laziness: By Erica Jermanus

How to be motivated and self-disciplined to get the work done that needs to be done. How to stay on task.

Table of Contents

Chapter 1: Laziness and procrastination and how to overcome it

Chapter 2: Tips to be motivated and self-disciplined

Chapter 1: Laziness and procrastination and how to overcome it

Many of us struggle to get motivated because we are tired or sick or because of the weather outside. The weather outside may be cold, rainy, or snowy, and so we just want to curl up under a blanket or watch a movie. There are days when we need to rest, but then there are days we need to work too. We all have a purpose to fulfill on earth. There are souls that are perishing in hell. It is our job as Christians to share the gospel and tell others about Jesus Christ. We all have gifts and talents that we can use to serve one another in love. We all have been given at least one gift to bring glory to Jesus Christ.

If you have the gift of writing or speaking, then find ways in which you can put that gift to use for the kingdom of God. If writing books, blogs, or doing YouTube videos is your gift, then do it for the glory of God. Many of us get worn out because of the attacks of the enemy, Satan. The enemy will try to attack our minds and energy levels to where we feel tired, sluggish, or unmotivated to get the things done that God has called and created us to do.

We all are called to create for the kingdom of God. We all are called to be creative vessels for Jesus Christ and his glory. We all have something that we are good at. We all have a passion and a purpose. We all are here on a given assignment. Our assignment is to sow into the kingdom of God. We can do that in a number of ways.

We all have unique gifts and talents that we can use to serve God and his kingdom on earth. Find out what God has called you to do for him and his glory and do it with all your heart. We are called to plant those seeds of the gospel in the hearts of men. God will grow those seeds and bring the increase. We just need to be obedient and serve the purpose and assignment that Jesus Christ has given us to do.

For you it might look like serving at your local church or serving your husband and children. For others, it may be evangelizing on the streets or at the stores.

Whatever God is calling you to do, do it. You will be most glad that you stepped out in faith and were obedient to the call of God on your life. Jesus Christ wants to use you in mighty, powerful ways. But the only

way for that to happen is if we have a pure heart and if we are ready and willing to be used by God.

There will be times we may not feel motivated or disciplined to do what God has called us to do. We may not feel like we are well able or capable of doing what God wants us to do. Sometimes our calling may require boldness and courage to step out. When we actually step out in faith, we find out that we cannot do it ourselves, but we can do it through him with his help. We find out it is the Holy Spirit that is strengthening us to get the job done.

Many neglect the gift that God has put on the inside of us. We do nothing with our gifts and talents. Why? Because either we feel we do not have any gift or we are not good at anything to be used by God. Or we feel like we are not well able or capable. Those are all excuses and lies of the enemy. When we ask the Holy Spirit what gifts he has given us, he will reveal that to us, and that is when we can use our gifts to glorify Jesus Christ on earth.

You may have the gift of singing or dancing or writing. If that is the case, then sing your heart out to the Lord

and make music. If it is writing, then write a book or a blog. If it is speaking, then start a YouTube channel and do videos. If it is hospitality, then open your home to your friends and family members for Bible studies or for prayer gatherings. Maybe you have the gift or talent to cook or bake, then find ways to cook and bake for others. Allow God to use you to fulfill his call and purpose in your life.

If God has given you an idea to start something new, then that idea is from him. He has put that idea in your heart and mind for a reason. You can execute that idea by putting it into action in your daily life. That is how we can be obedient to the will of God and fulfill our purpose on earth when we step into our God-given assignments that he is calling us to do. We won't know what we are good at unless we try it. Once we try it, we find out that it is a passion and a purpose. That is when we can fulfill our destiny and purpose because we are doing what we love to do.

Chapter 2: Tips to be motivated and self-disciplined

It may be hard to stay motivated, especially with all the distractions in the world today. We have our phones

clamoring for our attention, and then there is social media and people around us. But whatever it is that is distracting you, you can find time for the things that matter most to you. If that is your relationship with God, then find time to spend with Jesus Christ in his presence. If it is spending time with your family or children, then you will make time for that too. How do we manage all the things we have to do in a day or a week? I will talk about some ways you can be more efficient with your time and your day.

#1 Prayer and Silence

Prayer and silence are two ways that we can find out what God is calling us to do, and then we can obey his instructions. God may be calling you to quit your job and start a ministry. But you would not know that unless you spent time with him in his presence, listening to his voice and getting his word in the Bible. When we are still in the presence of God, that is when we gain clarity and understanding as to what our purpose is and what our gifts and talents are and how God wants to use us in the season we are in.

When we sit in silence, we can allow God to speak to us through the quiet and stillness. He will speak to us in

our hearts and minds. You may hear a quiet whisper that is the Holy Spirit speaking and leading and guiding you. You may need to tune out distractions to hear the voice of God. When it is loud and noisy, the Lord may not speak until your heart and mind are still before him. He may not speak at all because he is testing you. You just sense his presence or peace and joy as you sit in his presence. That is God speaking to you too.

When you get into the presence of God and you are listening to his instructions. He will give you a vision or a dream to fulfill. He will tell you what he wants you to do for his kingdom. He will show you what he wants you to do for his glory on earth. When he speaks to you, write down what he tells you so that you do not forget it and you can go back to it again later and obey it.

#2 Setting goals and writing a vision

The next step to being more motivated and getting things done is to set goals. After you asked God in prayer what he wanted you to do, then it is time for you to write down those ideas on paper or a notepad so that you can see those ideas come to fruition in your life. The Bible talks about writing your vision and

making it plain on tablets. Habakkuk 2:2-3 says, “And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.” When we write our vision down, that is when we see what we wrote down come to pass in our lives. We can also have a clear mind about what our goals and purpose are in life when we have our goals written down. We can always come back to the list of goals and know what we want to accomplish and how we want to do it.

You can also break down your goals into small fragments. For example, if you wanted to start a YouTube channel, you may first fill out the login information and then plan and prepare for your videos, record a video, edit the video, and then post it. This is just an example of breaking down a habit into smaller fragments or pieces so that you can fulfill that plan or vision.

#3 Schedule your day and time

To stay on task or to get motivated and not be lazy, you can set a schedule and write down your appointments in a calendar or a planner. This can help you to stay organized and to get your work done on time. You can

make a to-do list of all the things you want to get done in a day. But you want to set realistic expectations that you can achieve in a day. You don't want to set too high of expectations for yourself. But you can write down your goals or tasks on a to-do list, which can help you to check them off as you go and to get them done.

You can also write your dates or appointments down in a calendar so you don't forget them later on. Another thing you can do is set timers and write down on the timers your appointments and the time of your appointments as reminders. Whenever your alarm or timer goes off, it is a reminder to go to your appointment that day.

#4 Get rest and recuperation

Whenever we work a lot, we may need to get some rest from our work so that we can be refreshed for the following workday. We can schedule a day of rest every week, whether that be on the weekend or during the week. When we rest, we focus on our goals and relationship with Christ and what we need to do for the week ahead. We can also practice self-care and take care of ourselves. We can take care of ourselves by making sure we are getting enough sleep at night and

drinking enough water or eating a healthy meal.
Whatever we need to do to rest and recuperate.

When we rest one day a week, then we are able to get back on our feet again for the next following workday. We will be energized and motivated to get our work done because we are not burned out from the last week of work. We allowed time to rest so we will be refreshed to start a new day of work.

#5 A call for action

Now that we have rested for one day, we are better able to get our work done for the day and week. We can execute the goals that we wrote down and put the goals and vision we wrote down into action in our daily lives. We are called to put into practice the goals, vision, and purpose we want to accomplish in our lives. If we want to see results, then we may need to be diligent and hardworking toward our goals and toward the plan and purpose that God has for us.