# 4 Things That Sabotage Your Motivation

Motivation is an essential part of productivity. When you are motivated, you work faster, work better, and stay happier for longer. Your own habits can affect how much motivation you have. Here are four common things that can quickly ruin your motivation.

**You Lack Confidence**

One of the most common ways you can sabotage your motivation is by not believing that you can do it. Having a negative mindset can be destructive to your motivation and your work. If you are given a task at work and automatically assume that you are going to fail, you will end up avoiding starting the job for as long as possible. If you want to maintain your motivation, you need to be able to believe in yourself.

**You’re Impatient**

In this world of instant gratification, one of the main reasons people give up on things is because they don’t see the results fast enough. It is hard to keep putting the same amount of effort into something when the results are immediately evident. Motivation often falls to the wayside if the results of our efforts aren’t seen in a few weeks. To keep your motivation, you have to remember to be patient.

**You Don’t Know the Meaning of No**

When your to-do list is a mile long, it can be easy to feel unmotivated. You need to learn how to say no to things when you don't have the time or if you don't feel comfortable doing it. Being able to say no will allow you more time to focus on those projects that you feel confident about and able to complete. To maintain a sense of control over your life, it's okay to say no to things. Feeling in control will help you feel more motivated and confident in accomplishing your goals.

**You Are Too Easily Distracted**

Someone emails you a link to a funny cat video and the next thing you know you've spent the last several hours surfing the web and looking for random cat photos. Distractions come in many forms, but most types are harmful to your motivation. Distractions usually happen when you're overwhelmed, bored, or disinterested in accomplishing your tasks. To avoid sabotaging your motivation, disconnect from the Internet, avoid answering emails and phone calls for a period. This should allow you the time to complete your tasks without disrupting your motivation.

The power to stay motivated remains with you. By avoiding these common pitfalls, you can maintain your motivation and accomplish what you set out to do.