# The 5 Biggest Motivation Killers

A lack of motivation from time to time happens to everyone. The only long-term fix for when you lack motivation is to find the motivation killers in your life and eradicate them. Getting the source of the problem can boost your productivity and get you back on the path to accomplishing your goals.

**People Who Put You Down**

If you are surrounded by people who always put you down, they could be killing your motivation. You want to avoid these types of people at all cost and realize that it isn't about you; instead, they are merely insecure and are most likely afraid of other's success. To avoid a lack of motivation, eliminate these people from your life and create a healthy environment.

**Negative News**

Most of the news that we read about today is either sad or just plain bad. With natural disasters, random innocent victims being killed, and corrupt politicians making headlines, it's a small wonder why people lose their confidence and motivation. While you may be attracted to the bad news and drama, you want to try and avoid upsetting yourself further and killing your motivation.

**The Past**

There is no sense in worrying about things that have already happened. Whatever has happened has happened, and you can change that. Living in the past and being upset about things that you did or didn't do can quickly kill your motivation. You might want to try to remember that everything that was meant to happen was entirely made to prepare you for a life that you're meant to live, so do everything you can to remain present.

**The Future**

The future is one of the biggest motivation killers. Too many of us tend to overthink things and over analyze everything, which leads our expectations to get out of hand. No one can predict the future. The best thing that you can do is embrace uncertainty and just continue to do your best.

**The Chase**

Often we go awry when we have our eyes on the prize, so much so that we are blinded to everything else in our lives. Be it love, money or status; you need to realize that there is a fine line between having a goal and having an obsession. You have to enjoy the process and have some fun on your path to achieving your goals.

These are just five things that can quickly kill your motivation. Avoiding these motivation killers will keep you firmly on the road to success.