

How to regain motivation in 30 seconds?

Two quick questions to unlock energy when it is lacking.



- ✦ When you **lose motivation**, you often don't need to do anything major. You just need to reconnect with what you have (and what you can fix) and from there you will naturally regain your energy. Chiara Bassi uses two small “mental processes” to do this in a matter of seconds.

- ✦ **Look at what you already have**

When we lack motivation, it's easy to focus only on what isn't working. But looking at **what is already working** in your life can give you a sense of solidity that reignites your energy. What basic needs in your life are already being met?

- ✦ **Connect the dots**

Sometimes, it's the little things that hold us back: things left undone, words left unsaid, tasks left unfinished. Before starting our working day, we need to stop and figure out what those unresolved issues are: this gives us back a sense of control. And it motivates us!

How to regain motivation in 30 seconds?

Do these two exercises in your head.

✦ Step 1 — Look at what you already have

Stop. Take a deep breath.

Now ask yourself: 'Which needs in my life are already satisfied?'

We're not just talking about desires and aspirations, but above all about **basic needs**.

Some questions to inspire you:

- Do I have people around me who support me?
- Do I have a job that allows me to be independent?
- Do I have a home where I enjoy spending time?
- Do I have control over at least part of my day?

If you answered yes to one or more of these questions — or to others that matter to you — you can take a deep breath and smile.

✦ Step 2 — Connect the dots

Think about your situation at work.

Are there any **unfinished tasks that need to be taken care of**?

They don't have to be big things: even just some overdue tasks or a conversation that was never resolved.

Some questions to inspire you:

- Is there a task I'm avoiding?
- Do I have a conversation left unfinished?
- Are there things left unsaid that keep coming back to me?
- Have I made a commitment that I'm putting off?

You don't have to solve everything. Just look at these dots clearly and remember that they need to be sorted out!