

## ✅ 15-Minute Motivation Fixes for Remote Workers

*A quick-action checklist to restore focus, boost energy, and stay productive at home.*

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### Quick Motivation Hacks

- ☐ Tried the 10/5 Rule (10 min focus + 5 min break)
  - ☐ Took a walk/stretch break (at least 3–5 minutes)
  - ☐ Tidied up workspace or desktop for mental clarity
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### Morning Routine Boosters

- ☐ Woke up at a consistent time
  - ☐ Drank water before coffee or tea
  - ☐ Set 3 priority tasks for today
  - ☐ Avoided checking emails/social media first 30 minutes
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### Mental Reset Strategy

- ☐ Identified what's draining your energy
  - ☐ Stepped away for a short mental refresh (music, air, walk)
  - ☐ Returned to work with one small, achievable task
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### Daily Motivation Reset Checklist

- ☐ Changed or refreshed physical environment (lighting, seat, view)
  - ☐ Took a screen-free break in the last 2 hours
  - ☐ Completed one small task just to feel progress
  - ☐ Listed tomorrow's top 3 tasks before logging off
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### Pro Tip:

Check off **at least 5 items** daily to keep your motivation levels strong and avoid burnout. Even small steps count!