Tips on how to retain focus and stay motivated ?

February 26, 2016 | 3 upvotes | by [Astonford](#)

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Comments

projectself • 12 points • 26 February, 2016 08:16 AM

fuck motivation.

You need discipline.

http://impossiblehq.com/get-disciplined-not-motivated/

http://sourcesofinsight.com/discipline-vs-motivation/

http://www.getmotivation.com/motivationblog/2015/08/why-discipline-is-better-than-motivation-for-your-success/

Mr_Donnerhuhn • 4 points • 26 February, 2016 06:29 PM

Stop working HARD, start working SMART. Understand a bit how your brain learns & retains information, and put that to good use. A Mind for Numbers

You mentioned in a comment that you want to work in a STEM field. Instead of thinking "I want to work in a stem field", get specific, and get your emotions much more involved "I am going to use my high-level STEM knowledge & skills to create new breakthroughs that are going to push the human race forward! My work will echo through the annals of history as innovative and groundbreaking! It may take time, but I will succeed!". Get yourself an emotionally powerful WHY and you can bear any HOW. Man's Search for Meaning

Practical tips:

Use a program like ColdTurkey to eliminate distracting apps & bullshit on your computer/laptop during your study time, turn off your phone & internet, and designate a secluded, quite area of study.

Study in burst 25-90 minutes long (will vary depending on how competent you are with the information) and then take a 5-20 minute break for your mind to relax and "let the mortar dry" so that you can lay the next layer of informational bricks. Also, https://simplynoise.com/ and press the little pink button to get it generating pink noise, play that through your speakers or headphones at a high-enough level to block out distracting sounds, but low enough you don't hurt your ears.

Use a program like Anki to create flashcard system that work progressively. The better you are at recalling the information, the less often you'll see the flashcard pertaining to that information. That way it automatically helps you focus more on the content you don't know to help you internalize it.

GrammerNaziParadox • 1 point • 26 February, 2016 06:23 AM

Think of you future and what you want from it, most of the time it requires good grades. Think of good grades as the key to open the door of success (as cheesy as it sounds).

> Astonford[S] • 2 points • 26 February, 2016 10:54 AM
>
> That's the thing. All those counselors and teachers keep telling you to get good grades for going to a great college, having a great career.I don't know what I want for my future.
>
> My problem is that I have no clue what the heck I want to do anyway. I know I want to work in the STEM field, I know I can pursue hard enough and get a STEM degree. But I don't know which field to choose from (i.e engineering, IT) much less even get a 6 or 7 figure income.

Apexk9 • 1 point • 26 February, 2016 06:24 AM

Discipline you'll never need anything else in your life.

badpadding • 1 point • 26 February, 2016 10:35 AM

I get the people saying fuck motivation you need discipline. I actually worked a lot on my discipline, because that's a field where I was lacking.

But ultimately, motivation has to be there, as in you need to have a goal, a destination. Otherwise it's just too hard to stay disciplined.

If you have a goal + discipline, you're golden.

jeezydasnowman • -2 points • 26 February, 2016 06:18 AM

First of all lift. Second get an idea of what you want to accomplish as you grow and challenge yourself to hit milestones as you keep improving.

Assuming you're 15 you should have already had multiple girlfriends, kisses, dry humping, maybe even oral. Work to acheive the sexual success you know you want.