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Motivation

I quickly get bored in situations where I have to complete specific monotonous tasks. For instance, during the holidays I work in a bookshop. The bookshop does not have an information technology system that can help determine where to return the books left on the reading desks. In this regard, I am constantly forced to pick the books and scan the shelves and decide where to place each book. This task takes a lot of time and energy. At the same time, we usually carry out general cleaning twice every month. The exercise is tedious, time-consuming, and boring. Last summer, I came up with a method that ensures that I remain motivated while working. We embarked on general cleaning as usual, and I decided to break the task at hand into small sessions, where I cleaned one shelf at a time, rearranged the books, and went for the next shelf. While cleaning the library, I noticed that I did not get bored because I broke the task into small sessions. By cleaning the shelves in sessions, I developed patience and I am now result-oriented. Even when the task is boring, I now know that I can complete it to the deadline no matter what.

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