SOFTWARE & TECH

Steve Chandler 100 Ways To Motivate Yourself

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Introduction: Unlocking Your Inner Drive with Steve Chandler

In a world overflowing with productivity hacks, motivational podcasts, and self-improvement books, one title has quietly stood the test of time: **Steve Chandler's 100 Ways To Motivate Yourself** . This isn't just another collection of feel-good platitudes. Chandler's approach is refreshingly direct, often humorous, and deeply practical. He doesn't ask you to visualize yourself on a mountaintop; he asks you to stop waiting for the perfect moment and simply begin. For anyone who has ever felt stuck, procrastinated on a meaningful goal, or struggled to find the energy to push through a challenging day, this book offers a toolbox of mindset shifts and actionable techniques.

What makes the *100 Ways To Motivate Yourself* framework so powerful is its rejection of external motivation. Chandler argues that waiting for inspiration to strike is a trap. Instead, he provides a blueprint for generating motivation from within—by changing how you think, speak, and act. This article will explore the core principles behind Chandler's philosophy, unpack some of the most transformative ways to motivate yourself, and show you how to apply these lessons to your own life, whether you're an entrepreneur, a student, a creative, or someone simply wanting to break free from inertia.

The Core Philosophy: Motivation Is a Decision, Not a Feeling

Before diving into specific techniques, it's essential to understand the bedrock of Chandler's thinking. Most people believe that motivation precedes action: "I need to feel motivated before I can start working." Chandler flips this entirely. He asserts that **action precedes motivation**. The very act of doing something—even something small—generates the energy and momentum to keep going. This is one of the most liberating ideas in the book. You don't have to wait for a magical shift in mood. You can create that shift by simply moving your body, writing one sentence, or making one phone call.

Another central theme is the power of **owning your thoughts**. Chandler encourages readers to become brutally honest about the stories they tell themselves. "I'm not a morning person," "I don't have enough talent," or "I'll start when I'm ready" are all mental constructs that keep you stuck. By recognizing that you are the author of these stories, you can rewrite them. This ties directly into personal responsibility—a concept Chandler emphasizes repeatedly. Motivation isn't something that happens to you; it's something you generate through your decisions and reframes.

Why "100 Ways" Works: A System for Every Situation

The genius of the book's structure is its modularity. Each of the 100 ways is a short, standalone chapter or idea. You don't have to read it cover to cover. You can pick it up, find the one that speaks to your current struggle, and

apply it immediately. This makes it an ideal companion for anyone in the middle of a difficult project or a personal slump. Some ways are about mindset (e.g., “Turn Fear into Excitement”), some are about productivity (e.g., “Use the Two-Minute Rule”), and others are about emotional resilience (e.g., “Stop Trying to Be Perfect”). The diversity ensures that there’s always a tool available, no matter what obstacle you face.

Key Insights from Steve Chandler’s 100 Ways To Motivate Yourself

1. The Power of “Act As If”

One of Chandler’s most beloved techniques is to **act as if**you are already the person you want to become. If you want to be more confident, imagine how a confident person would walk into a room. If you want to be more productive, behave as a productive person would at 8 AM—even if you feel lazy. This isn’t about fakery; it’s about leveraging the brain’s ability to align actions with identity. When you act as if, you stop waiting for external validation. You become the source of your own inspiration. This technique is particularly effective for overcoming imposter syndrome and breaking the cycle of self-doubt.

2. Stop “Should’ing” on Yourself

Chandler has a wonderfully direct way of calling out the language of victimhood. When you say “I should go to the gym” or “I should finish that report,” you are subtly placing yourself in a position of obligation rather than choice. The word “should” implies that someone else—society, your boss, your past self—is forcing you. Chandler recommends replacing “should” with “choose” or “want.” For example: “I choose to go to the gym because I value my health.” This simple language shift restores your sense of agency and instantly makes the task feel less burdensome. It’s a small change with a massive psychological payoff.

3. Embrace the “Suck” of Starting

In a culture that glorifies instant success, Chandler offers a refreshing dose of realism: many worthwhile endeavors feel awful at the beginning. The first draft of a novel is often terrible. The first week of a new workout routine is painful. The first few cold calls are awkward. Instead of resisting this discomfort, Chandler advises you to **embrace it**. Label the discomfort as “the price of growth.” By accepting that struggle is part of the process, you remove the shock and disappointment. You can say to yourself, “Of course this feels hard. That’s how it’s supposed to feel.” This normalization reduces resistance and helps you push through the initial plateau.

4. Create a “Done” List, Not Just a To-Do List

One of the most practical ways Chandler suggests is to keep a running list of what you have already accomplished in a day. While to-do lists can sometimes feel like an endless source of guilt, a “done” list builds momentum and reinforces a positive self-image. Write down even small wins—making the bed, sending an email, reading for ten minutes. Over time, you train your brain to focus on progress rather than lack. This technique is especially helpful for those who struggle with perfectionism or who tend to undervalue incremental achievement.

5. Use the “Two-Minute Rule” to Overcome Procrastination

While Chandler didn’t invent the Two-Minute Rule, he popularized it within the self-motivation space. The idea is simple: if a task takes less than two minutes, do it immediately. This could be washing a dish, replying to a text, or tidying your desk. The psychological effect is profound. By clearing micro-commitments instantly, you reduce mental clutter and build a habit of decisive action. These small victories create a domino effect, making it easier to tackle bigger tasks later in the day.

How to Apply Steve Chandler’s Methods in Daily Life

Morning Routine: Set the Tone for Self-Motivation

Chandler argues that the first few minutes of your day are critical. Instead of reaching for your phone and

set an intention. Ask yourself, “What is one thing I can accomplish today that will make me feel proud?” Then, immediately do something physical—stretch, make coffee, walk outside. The goal is to generate energy rather than waiting for it. Many fans of the book combine Chandler’s techniques with a brief journaling practice, writing down one “act as if” behavior they’ll demonstrate that day.

Overcoming Afternoon Slumps with Action

When you feel your motivation dip around 2 or 3 PM, Chandler would urge you to resist the temptation to scroll social media or grab a sugary snack. Instead, take a brisk five-minute walk, do ten jumping jacks, or tackle the most annoying task on your list. By taking physical action, you interrupt the mental loop of fatigue and boredom. This isn’t about brute force; it’s about leveraging the mind-body connection. Your brain will follow where your body leads.

Evening Reflection: Celebrate Small Wins

Before bed, review your “done” list. Acknowledge what went well, even if the day felt messy. Chandler emphasizes that **gratitude for your own efforts** is a powerful motivator for the next day. If you find yourself focusing on what you didn’t do, gently reframe. Say, “I chose to rest today, and that was a good decision.” This self-compassion prevents burnout and keeps you coming back to the work with a fresh perspective.

Common Misconceptions About the Book

It’s Not About Positive Thinking Alone

Some readers mistakenly dismiss *100 Ways To Motivate Yourself* as yet another positive-thinking manual. In reality, Chandler is deeply skeptical of hollow affirmations. He advocates for **truthful self-talk** and concrete action, not repetitive cheerleading. If you are afraid of public speaking, Chandler won’t tell you to chant “I am a great speaker.” He’ll tell you to prepare thoroughly, practice in front of a friend, and accept that nervousness is normal. The book is grounded in behavioral change, not wishful thinking.

It’s Not Just for “Lazy” People

Another misconception is that this book is only for people who are chronically procrastinating. In truth, high achievers often turn to Chandler’s methods when they hit a plateau or feel overwhelmed. The techniques are equally valuable for someone running a company as for a student preparing for exams. The core message—that you can always choose a new response—is universal. Even the most driven individuals need a reset sometimes, and this book provides that reset without judgment.

Lessons for Entrepreneurs and Creatives

Entrepreneurs and creative professionals face unique motivational challenges: rejection, long feedback loops, and the constant pressure to innovate. Chandler’s **Way #47: “Turn Your Work into Play”** is especially relevant. He suggests gamifying your tasks by setting time limits, creating friendly competitions, or rewarding yourself with a small treat after a focused session. When you reframe work as a game, you tap into curiosity and flow instead of dread.

Another favorite for creatives is **Way #22: “Don’t Wait for the Mood to Write”** . Chandler advises that professional writers do not wait for inspiration; they write on schedule. By committing to a regular creative practice, you train your brain to show up on demand. This is a liberating concept for anyone who has ever struggled with writer’s block or artist’s block. The mood follows the action, not the other way around.

Conclusion: Your Personal Motivation Is Within Reach

Steve Chandler’s *100 Ways To Motivate Yourself* is not a magic pill; it’s a tool belt. The wisdom within its pages has helped countless readers transform their relationship with work, goals, and self-doubt. The beauty of the

system is its flexibility—you can pick one way that resonates and practice it for a week, then move to another. Over time, these small shifts compound into a new way of being: one where you no longer feel like a victim of circumstance, but an active creator of your own motivation.

If you take away only one idea, let it be this: **motivation is a decision you make, moment by moment**. Stop waiting for the perfect conditions, stop telling yourself stories of inadequacy, and start acting as if you are already motivated. The action itself will generate the energy you need. Whether you are facing a daunting project, a career transition, or simply a lazy Tuesday afternoon, remember the core of Chandler's message: you have everything you need inside you. All you have to do is choose to use it.

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DIGITAL EDITION

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