

## How do you keep yourself motivated to practice?



Anonymous

fuck motivation. it's a fickle and unreliable little dickfuck and it isn't worth your time.

better to cultivate discipline than to rely on motivation. force yourself to do things. force yourself to get up out of bed and practice. force yourself to work.

motivation is fleeting and it's easy to rely on because it requires no concentrated effort to get. motivation comes to you, you don't even have to chase after it.

discipline is reliable, motivation is fleeting. the question isn't how to keep yourself motivated, it's how to train yourself to work without it.

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