**How to Convince Yourself to Workout Before Work**

Being self-employed makes it 100 times easier to stick to a workout. Now you have much more control over your time and you will be much more able to choose when you want to work and when you want to relax, or exercise.

The problem is, if you aim to finish early at the end of the day and workout then, you will almost always find that it never actually happens. The problem is, you'll still get tired and once you get into the 'flow' you'll find it's almost impossible to break out of it and to return later on while being just as productive.

Working out *first* on the other hand, means you'll have more energy and a better mood as you work. It's just a matter of being disciplined enough to convince yourself to do so.

Here are some tips that can help.

**Set Everything Up the Night Before**

One way to help yourself workout before you start work is to set up your gym kit etc. the night before. The aim here is to create the minimum barrier between you and the gym so that there's no effort involved *other* than the workout itself. Setting things up the night before means you can just grab your bag and go and that helps a lot.

**Make Your Workout Fun**

If you're going to convince yourself to workout first thing in the morning then it can help a great deal to do a workout that you actually find *fun*. Working out *can* be fun – and especially if you do something like rock climbing or sparring with a heavy bag. Find a workout that you enjoy and don't worry too much about your strict goals – they'll come with time as long as you put in the effort.

Oh and your workouts don't have to be super long either. Ten minutes is better than nothing if that's all you have!

**Join a Nearby Gym**

Which gym do you join?

The nearest one. It's as simple as that. This way you'll save a ton of time and feel much more inclined to workout. And if you don't have a nearby gym, then you should workout from home.

**Stress**

If you're struggling to workout at all, then you should bear in mind that the problem is most likely linked with stress or your energy levels. It may just mean you're taking on too much work, in which case: try to tune it down a bit!