

[00:00] Ali Abdaal: Hey friends, welcome back to the channel. In this video, we're going to talk about motivation and how to stay motivated while studying.

[00:10] Ali Abdaal: This is one of the most common questions I get — “How do you stay motivated to study every day?”  
Honestly, it's not about motivation, it's about systems.

[00:25] Ali Abdaal: When you rely only on motivation, you're going to burn out. What works better is building habits and creating an environment where studying becomes easier.

[00:40] Ali Abdaal: So in this video, we'll go through a few practical tips that have helped me, and hopefully they'll help you too.