



# 6 Local Go-Getters Share Their Advice For Beating An End-Of-Summer Rut

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**Amy Suardi, editor of [Frugal Mama](#)**

## Do you have any get-stuff-done secrets for the summer doldrums?

"When I want to get something done, I have found that a three-step process really works: First, define my project — vague goals are overwhelming. Second, write it down — something magical happens when we concretize our thoughts. Third, make myself accountable by going public (we can tell a friend or announce our plans on Facebook)."

## How do you stay motivated and on-track?

"I love to end the day by reading a chapter from a productivity guru, like Tim Ferriss of [4-Hour Workweek](#) or Vickie Milazzo of [Wicked Success is Inside Every Woman](#). Learning from smart, energetic people keeps me on track, gives me new ideas, and inspires me."



Photo: Courtesy of TLC/DCI

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JUL 13, 2012 6:00 AM  
ALINA GONZALEZ

We don't know about you, but the words "working" and "summer" in the same sentence go down about as smoothly as "Ryan Reynolds" and "off the market." From early July to late August, our desire to do anything other than take vacation days, plan BBQs, and Instagram pics of our toes in the pool overpowers most everything else.



Since plummeting productivity is a telltale sign of the summer doldrums reaching their peak, we sought out Washington's busiest power players to get **their tips and tricks on beating the seasonal slump**. From a tireless lobbyist to a busy mommy blogger, these

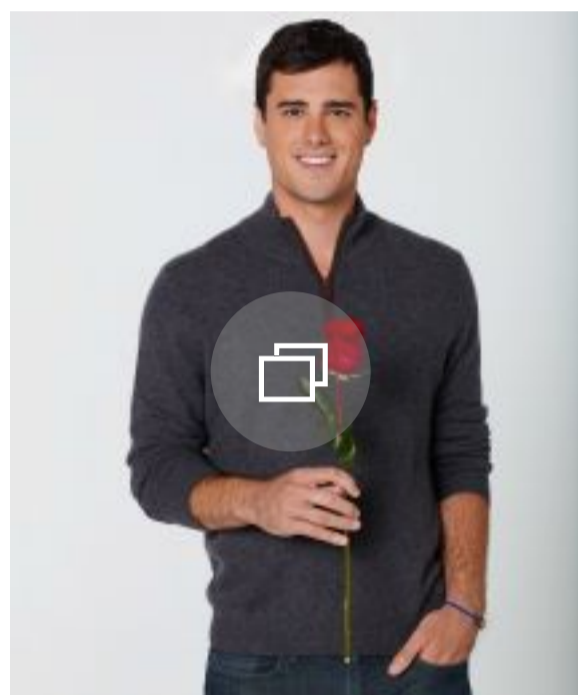
inspiring Washingtonians do it all—and they don't let the late-summer blues put a damper on their work ethic. So, if you're in need of a major motivational boost, click through to discover some genius tips. No yawning allowed.

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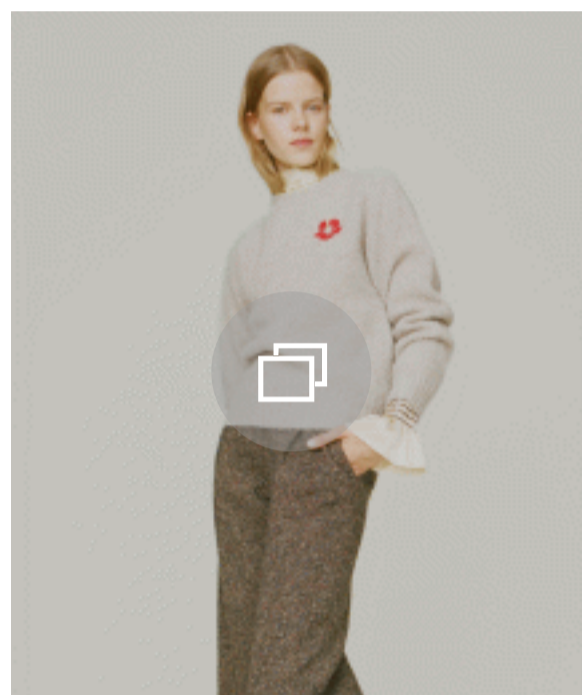
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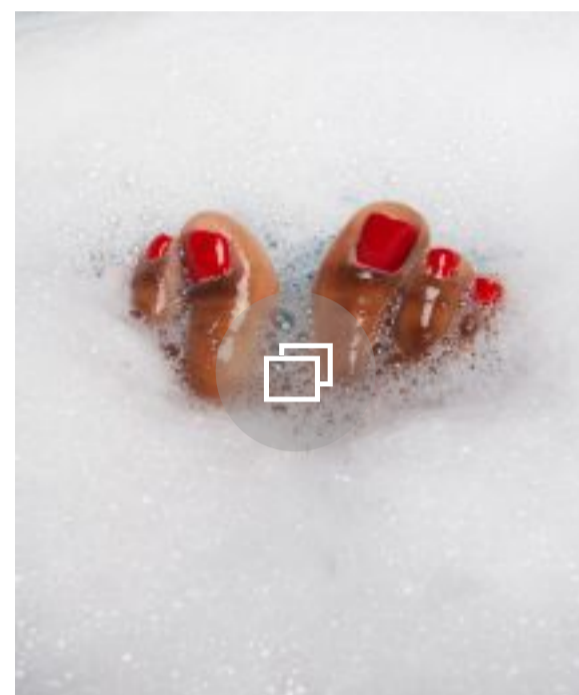
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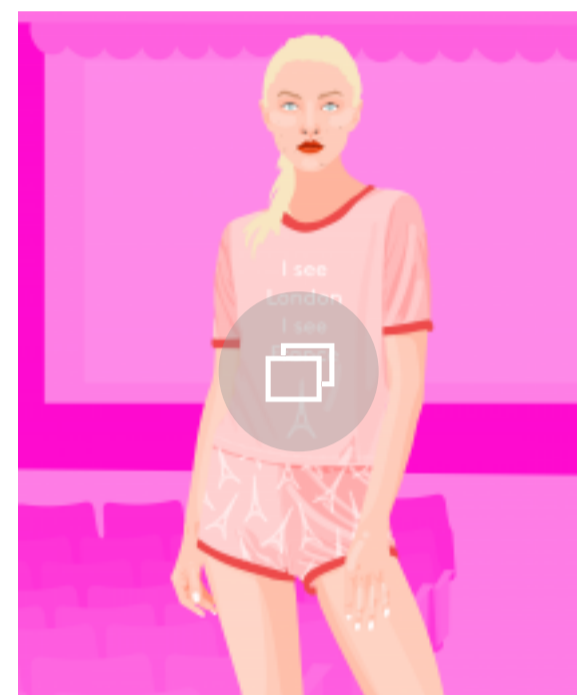
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