

# THE MICRO-ACTION METHOD

*Discipline Flow | Failure-Proofing Your System*

*When motivation is absent and willpower is gone, micro-actions are what keep your identity intact. The goal is never zero. The goal is the smallest possible version of the action.*

## 01 — The Resistance Decision Tree

When you feel resistance, run through this decision tree before giving up. It takes 10 seconds.

<b>Can I do this in under 2 minutes?</b>	<b>YES →</b> Do it now. Start immediately.	<b>NO →</b> What is the 2-minute version of it?
<b>Is this resistance or genuine friction?</b>	<b>YES →</b> Resistance: start anyway. Timer: 2 minutes.	<b>NO →</b> Friction: simplify the task first, then start.
<b>Have I done any version of this today?</b>	<b>YES →</b> You showed up. Record it.	<b>NO →</b> Do the smallest unit possible. One is not zero.

## 02 — Common Goals and Their Micro-Actions

Every goal has a version that takes under 2 minutes. This table shows you what that version looks like for the most common resistance points.

GOAL	THE EXCUSE	MICRO-ACTION (2 min)	WHY IT WORKS
<b>Exercise</b>	<i>No time / too tired</i>	<b>5 push-ups. Right now.</b>	<i>Starts the movement loop. Body follows.</i>
<b>Write</b>	<i>Blank page, no ideas</i>	<b>Open the doc. Type one sentence.</b>	<i>Eliminates the activation barrier.</i>
<b>Read</b>	<i>Too long, can't focus</i>	<b>Read one paragraph only.</b>	<i>Momentum builds from one to many.</i>
<b>Meditate</b>	<i>Restless, can't sit still</i>	<b>Three slow deep breaths.</b>	<i>Activates the nervous system shift.</i>

<b>Study</b>	<i>Material feels overwhelming</i>	<b>Review one flashcard or one concept.</b>	<i>Tiny exposure beats complete avoidance.</i>
<b>Plan tomorrow</b>	<i>Too tired to think</i>	<b>Write one task on paper.</b>	<i>Clears mental load before sleep.</i>
<b>Deep work</b>	<i>Too many distractions</i>	<b>Set a 2-min timer. One task only.</b>	<i>Bypasses the decision fatigue.</i>
<b>Reflection</b>	<i>Nothing significant happened</i>	<b>Write one honest sentence.</b>	<i>Consistency matters more than insight.</i>

## 03 — The Never Zero Principle

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Zero is the only number that damages your identity. One is always enough.

*Zero says: I am not someone who does this. One says: I am still showing up, even under these conditions.*

The discipline is not in how much you do. It is in refusing to let the streak reach zero.

- One push-up counts as exercise
- One sentence counts as writing
- One minute of reading counts as reading
- One honest reflection line counts as reflection
- One task completed counts as a productive day

The person who does one push-up every day for a year has built something the person waiting for the perfect 60-minute workout has not: a proven identity.

## 04 — The Reset Protocol

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When the system breaks — and it will — do not try to catch up. Follow this exact sequence.

**Day 1**  
Don't catch up

Run Minimum Viable Mode only. One habit. No extras. No guilt about what was missed.

**Day 2**  
Add one thing

Restore one element. One habit. One reflection. Nothing more than that.

**Days 3–5**  
Rebuild gradually

One component per day. Do not rush the full system back. Let it settle.

Day 7  
Post-mortem

Write one paragraph: what caused the break, what was the early warning sign, what safeguard prevents it next time.

## 05 — Why Discipline Systems Fail

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Understanding these five failure modes protects you from them.

### Reason 1: Designed for your best day

**Safeguard:** Build every component for your worst realistic day. If it works then, it works always.

### Reason 2: No identity foundation

**Safeguard:** Before adding any habit, write the identity statement it serves. The habit must feel like evidence, not a demand.

### Reason 3: No recovery protocol

**Safeguard:** Write the recovery plan before you need it: if I miss one day, I do X. If I miss one week, I do Y.

### Reason 4: Complexity accumulated

**Safeguard:** Monthly audit: remove anything not done consistently for 3 weeks. A system you run beats a perfect one you avoid.

### Reason 5: No feedback loop

**Safeguard:** Three lines every evening. What worked. What did not. One adjustment. This makes the system intelligent.

## 06 — Minimum Viable Mode Reference

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On hard days, ignore everything else and run these three rules only.

Rule 1

**Never Zero** — Something must happen. One push-up. One sentence. One minute. Zero is the only failure.

Rule 2

**2-Minute Start** — Set a timer for 2 minutes. Begin the task. You may stop when it ends. Most of the time you will not.

**Rule 3**

**Identity Checkpoint** — Before bed: write one sentence: "Even today, I showed up as [identity] by doing [action]."