

WAYS TO GET MOVING

Motivation doesn't come first, action does. Pick a way in that gets you started, and the motivation follows.

The 5-Minute Rule

Commit to just five minutes. Most of the time, starting is the actual hard part.

Best for: the tasks you keep avoiding

Eat The Frog

Do the worst task on the list first, while your willpower is freshest.

Best for: mornings, before the excuses show up

Set A Timer

A defined block of time makes a huge task feel like a manageable one.

Best for: tasks that feel too big to start

Remove Distractions

Put the phone in another room before you even try to start.

Best for: protecting focus once you've started

Get Accountability

Tell someone what you're doing and when. It's harder to skip when someone's watching.

Best for: the tasks you keep quietly dropping

Reward Yourself

Give yourself something to look forward to once the action's done.

Best for: building the habit of finishing, not just starting

THE RULE

Pick one way to get started for the month. Action first, motivation follows. Not the other way round.