

You've got **big dreams**. You imagine living a successful life—one where you accomplish **important goals** and reach your **full potential**. But there's one thing standing in your way: **laziness**. You know exactly what you should be doing—maybe it's studying, working on a business idea, or hitting the gym—yet you don't take action. Over time, this leads to **guilt**, because deep inside, you know you can do more. Days turn into weeks, weeks into months, and eventually, you just accept it. Another year passes, and you find yourself setting the **same goals** again. You start off strong with **motivation** (and a bit of wishful thinking), but then you stall. **Procrastination** creeps in—like an uninvited guest who refuses to leave—and soon, you label yourself as a **lazy person**.

So, how do we break this cycle? Sure, there are countless videos and articles out there telling you to delete social media, turn off your phone, or find a perfect workspace. While these **strategies** may help in the short term, they rarely address the **root cause** behind chronic procrastination. Here's the one word you need to remember: **inertia**.

In **physics**, **inertia** is described by **Newton's First Law**: an object at rest tends to stay at rest, and an object in motion tends to stay in motion—unless acted upon by an external force. This law doesn't just apply to physical objects; it also applies to **tasks** and **habits**. When a task is sitting there untouched, it's in a state of rest. It takes a certain push—a burst of **energy**—to overcome that rest and get started. The problem is, we often make this “push” feel enormous in our minds. We say, “I need to finish my entire project right now,” or “I must clean the whole house in one go.” The **mental pressure** is so intense that we turn to quick fixes—scrolling through our phone, watching YouTube, or playing games—anything to avoid the daunting task.

To **overcome inertia**, we need to make that initial push much smaller and more manageable. Today, I want to share **two methods** that work wonders:

1. **Reduce the Stakes**

Instead of telling yourself, “I have to write 5,000 words in one sitting,” bring the goal down to something less intimidating, like “I'll write **50 words** and see how I feel.” Notice how much simpler that sounds? When the **barrier to entry** is lower, it takes less **willpower** to start, and once you're in motion, it's easier to keep going. As **Newton's First Law** implies, an **object in motion** tends to stay in motion.

2. **Apply the “Two-Minute Rule”**

If you really don't feel like doing the work, tell yourself you'll do it for just **two minutes**—and then you can stop if you want to. For example, if you need to organize your room, set a timer for two minutes or play a short song. Clean for that short duration, and if you still want to quit afterward, fine. But more often than not, you'll keep going. By simply starting, you generate **momentum**, and that momentum carries you forward naturally.

Think about a heavy ball at the bottom of a hill. Pushing it from a standstill takes real effort. But if you reduce the slope just enough and give it a tiny shove, it starts rolling—and once it's rolling, it's far less work to keep it going. The same is true for your tasks. At first, it may feel like you're

pushing uphill. But once you've overcome that **initial resistance**, you'll find yourself moving downhill with the help of **momentum**.

Now, you might ask, "Don't I need **discipline** and sheer **willpower** to succeed?" Absolutely, discipline matters. But constantly relying on high levels of willpower is like trying to sprint a marathon—it's just not sustainable. By lowering the threshold for getting started, you use **less** willpower overall and gradually build small successes that become **habits**.

As Martin Luther King Jr. once said, "**You don't have to see the whole staircase. Just take the first step.**" That first step doesn't have to be huge. It can be 50 words, two minutes, or even a single shelf in your closet. The point is to **take action**, because an **object in motion** tends to stay in motion.

Whether you're tackling a **fitness goal**, a new **business venture**, or just trying to keep your living space tidy, these two methods—**reducing the stakes** and following the **two-minute rule**—can help you break free from the hold of **procrastination**. In doing so, you'll discover just how capable you are, and you'll finally start moving toward the life you've always imagined.

So remember:

- Make the **initial push** as simple as possible.
- Leverage **momentum** to keep going.
- Use **tiny steps** that require minimal willpower.

Don't let inertia keep you stuck. Take that small first step, and watch how your journey unfolds from there.