

WHY YOU DON'T FEEL LIKE DOING IT

A short guide for You when your Vibe is gone.

WHY YOU DON'T FEEL LIKE DOING IT -

A short guide for You when your Vibe is gone.

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Introduction

Let's Be Real

This book is for you if you've ever stared at your to-do list and felt... nothing.

It's for you if you want to do the thing — the work, the project, the assignment, but you find yourself fighting a strange internal battle, and losing.

Let me be real with you. I got the idea for this book while I was journaling, feeling deeply disappointed in myself. There was a project I was working on, a remote work, and I just wasn't delivering. My boss was waiting, but the energy wasn't there. And the crazy part is, I knew this wasn't me. I'm not that guy.

So, I had to sit myself down and ask the real questions: "Oba, what's really going on? Why can't you do what you know you need to do?"

That question is how this book was birthed.

Maybe you see yourself in this. You're not lazy. You have goals, big dreams, and a fire in you. You're the kind of person who wants to solve problems, change the world, be seen, be heard, and never settle for less. But right now, for some reason, your engine isn't firing. The performance isn't matching the potential.

You don't have a "problem" in the way people think. You're just in a loop.

This book is me, writing to myself, trying to find the solution to get out of this loop and get back on track. And I'm inviting you to figure it out with me.

Let's get our vibe back!

Chapter one

You lack Clarity

Ever felt like you're driving at night with your headlights off? You're moving, but you're not sure where you're going, and every turn feels like a risk.

That's life without clarity.

A wise man once said, "Clarity grows as you go." But what exactly is clarity?

Simply put, clarity is knowing your 'what' and your 'why'. It's having a clear direction, a GPS for your life that tells you where you're headed. Without it, you'll burn fuel going in circles. This isn't about being lazy or hardworking; a hardworking person without

clarity is just a busy person going nowhere fast.

So, how do you get it?

You can't just hustle your way to clarity. For me, clarity isn't something I just figure out on my own; it's something I receive. It comes in moments of stillness, reflection, and connecting with my Creator. The one who made you knows your manual.

Clarity is a download, not a discovery. It's the first step to getting your focus back.

Chapter 2

You feel overwhelmed

You know that feeling when your brain has too many tabs open, and the cooling fan in your laptop starts screaming for help? That's not just a computer problem. That's a human problem.

That feeling is being overwhelmed.

It's the mental and emotional equivalent of trying to carry a week's worth of groceries in one trip without a shopping bag. You're balancing eggs on your head, clutching milk jugs under your arms, and trying to grip a bag of oranges with your teeth. Technically, you're holding everything, but you're not

moving. You're just stuck, straining under the weight, terrified that one wrong move will cause everything to come crashing down.

Being overwhelmed isn't about having a lot to do. It's about feeling like you have too much to do and not enough resources (time, energy, or focus) to do it.

Let's break down where that feeling actually comes from.

The "Open Loops" Tying You Down

Every task you've started but haven't finished, every promise you've made but haven't kept, every decision you've deferred—these are all "open loops" in your brain.

That email you need to reply to... is an open loop.

That chapter you were supposed to read... is an open loop.

That person you need to call back... is an open loop.

Worrying about that upcoming test... is an open loop.

Your brain is a brilliant machine, but it's terrible at being a storage unit. It keeps reminding you of all these open loops, popping them up like notifications at the worst possible times. Each one is a small piece of baggage, and when you have dozens of them, it's no wonder you feel like you're dragging a bag of cement around.

The feeling of being overwhelmed is the direct result of having too many unresolved open loops taking up your mental RAM.

How to Close the Loops (And Get Your Sanity Back)

You can't just "decide" to feel less overwhelmed. You have to take practical steps to close these loops or, at the very least, get them out of your head.

The Master Brain Dump (Again, Because It's That Important):

I mentioned this in the context of focus, but it's the number one weapon against feeling overwhelmed. Get a blank sheet of paper. For 10-15 minutes, write down everything that is on your mind. Every task, every worry, every idea, big or small. Don't organize it. Just get it out. This single act transfers the burden of remembering from your brain to the paper. You will feel lighter almost instantly.

The "Two-Minute" Rule:

Look at your list from the brain dump. If you see any task that you can do in two minutes or less, do it immediately. Replying to that text? Do it now. Sending that quick email? Do it now. Paying that small bill? Do it now. Closing these tiny loops creates momentum and clears out the easy clutter, giving you the mental space to tackle the bigger things.

Put It on the Calendar:

For the bigger tasks on your list that you can't do right now, the loop stays open until you have a concrete plan to deal with them. The solution? Give every task a home. Open your calendar (digital or physical) and schedule a specific time block to work on it.

"Finish project report" becomes "Work on project report, Friday, 2-4 PM."

"Study for MTH201 test" becomes "Review MTH201 notes, Tuesday & Thursday, 7-8 PM."

Your brain can finally relax because it knows there is a dedicated time to handle that loop. The task is no longer a floating source of anxiety; it's a scheduled appointment.

Feeling overwhelmed is a signal. It's your mind telling you that your current system for managing commitments is overloaded. By getting things out of your head, closing the small loops, and scheduling the big ones, you're not just organizing your tasks; you're decluttering your mind.

And it's only when your mind is clear that you can truly address the final piece of the puzzle: burnout.

Chapter 3

*You're doing a lot And you're just
about to burn out*

Have you ever had so many good options that you end up choosing none of them? You're stuck in a loop of indecision, and your focus is scattered.

That's the fast track to burnout.

Burnout is subtle. It's not just for lazy people; it's a trap that catches the most energetic, the most active, the highest performers. You find yourself still performing, but not at your standard. Then one day, you just lose interest in everything. You're on your bed, staring at

the ceiling, while your entire life—the work, the books, the dreams—is staring back at you. And the energy to even move is gone.

The secret to avoiding this is understanding one simple truth.

Your Energy is a Currency

Think of it like this: if I give you \$1000 to spend at a supermarket, you know that money can finish, right? You can buy something for \$50, another for \$200, and soon enough, it's all gone.

Your energy is exactly like that. It is finite. It is exhaustible. It can finish.

Ehn, yes it can.

The moment you truly understand this, your life will change. You wake up each morning with a certain amount of energy currency.

The question is, are you spending it wisely? Are you investing it in things that bring a return, or are you just letting it drain away on random tasks and distractions?

Energy management is the art of investing your limited energy into what truly matters.

You Can Do Anything, But Not Everything

A few days ago, I was at the Big 5 Construct Nigeria exhibition in Lagos, Nigeria and ran into an old mentor from campus. We got talking, and she mentioned a concept from Bolu Okunade, an entrepreneur and premium business consultant.

This was not exactly how she said it but I'll put it this way. "Imagine your energy per day is 5 points. And you have five big goals to achieve

in your life that require 1000 points each to reach their peak or fully achieve them. If you spread your energy equally, each goal gets only 1 point. How long will it take you to reach 1,000 points on any single goal?

A very long time.

But what if you invested 200 points into ONE goal? And another 300 later? You'd hit your target much faster."

This is about building depth before branching out. I heard this from Mr Olusola Olaleye, another premium business consultant.

Think about the people you admire. For instance, Pastor Emmanuel Iren is known primarily as a pastor. That's his depth. But from that foundation, he branches out into

movies and other ventures. You must build your *one thing first*.

The Mirror Test: "What Do People Know You For?"

This question broke my heart recently. I was with my cousins in Lagos, Nigeria, and I asked them, "Honestly, if someone asked you about me, what's the one thing you'd say I do?"

They struggled.

"...He does this thing... and that... he goes for programs... erm...a civil engineer.. he runs a business... he's an academic excellence coach..."

It took them a while to pin something down. Omo. That was a wake-up call oh! I was spread so thin that even the people close to

me didn't have a clear picture of my primary focus.

I'm currently in the process of redesigning my life around this lesson. I'm choosing what I want to be known for first. I'm building my depth. It's a process, and I'm trusting God with it.

You can't do everything at once. The secret is to pay attention to what matters right now. Choose your one thing. Go deep. The rest can wait.

Now that we have carefully identified the whys, in the next chapters, we'll be extensively discussing what we need to do to get our vibe back.

Ready?

Let's go!

Chapter 4

The Power of a "Single Tab"

Mindset

You know how your laptop starts to lag, freeze, and make that whirring sound when you have like 1000 tabs open? Chrome, Spotify, YouTube, your school portal, a design software, ten different articles... the machine just can't handle it.

Your brain works the exact same way.

The reason you feel scattered and unproductive isn't that you're lazy; it's that you're trying to operate with too many mental tabs open at once. The secret to getting your

speed and your vibe back is to master the "Single Tab" Mindset.

The Great Lie of Multitasking

Let's be real: multitasking is a scam. It's a myth sold to us to make us feel more productive. What we call multitasking is actually just task-switching—rapidly jumping from one thing to another. Every time you switch, your brain has to shut down one process and load up another. This burns an incredible amount of your daily energy currency, leaving you feeling busy but not accomplished.

The Single Tab Mindset is the opposite. It's about giving one important task your full, undivided attention until it's done.

Find Your "One Thing"

The first step is to figure out which tab is the most important one to keep open. At the start of your day, ask yourself this simple question:

"What is the ONE thing I can do today, such that by doing it, everything else will be easier or unnecessary?"

This is your Most Important Task (MIT). It's the one thing that, if you get it done, will make the day feel like a win, no matter what else happens. It might be finishing a chapter of your project, drafting that important email, submitting that office task or making that difficult phone call.

How to Go "Single Tab"

Once you know your MIT, you need to create the space for it. Here's how:

1. The Brain Dump: Before you start work, grab a piece of paper or open a notes app. Spend five minutes and write down everything that's taking up space in your head—all the worries, random ideas, and other tasks. Get it all out. This is like clearing your brain's cache. It frees up mental RAM for what's important.
2. Time Blocking: This is non-negotiable. Look at your schedule and carve out a specific, sacred block of time for your MIT. It could be 60 minutes, 90 minutes, whatever you need. During this block, you are in "Single Tab Mode."

Put your phone on silent and in another room or lock it in your drawer. Infact, shut it down. Seriously.

Close all unnecessary tabs on your laptop.

Let your roommates or family members know you're unavailable.

This isn't about working for 8 hours straight. It's about having one or two sessions of pure, intense, single-tab focus. One hour of this is more powerful than five hours of distracted, multi-tab "work."

Chapter 5

Refill Your Energy Currency

In the last chapter, we agreed that your energy is a finite currency. So, the logical question is: "How do I get more of it?" Or at least, how do I stop it from draining so fast?

You wouldn't expect your phone to work all day on a 10% charge. You'd plug it in. Yet we expect ourselves to run on empty and still perform at a high level.

Omo, it doesn't work like that oh. You're not lazy; you're just running on an empty battery. Let's talk about how to recharge.

Energy is More Than Just Sleep

Getting a good night's rest is crucial, but it's only one part of the equation. To truly feel energized, you need to manage four different batteries:

i. Physical Energy (Your Body's Battery): This is the most obvious one. It's fueled by sleep, the food you eat, and movement. You don't need to become a gym rat. Just a 15-minute walk can dramatically boost your physical energy and clear your mind. Take power naps (short naps e.g 10 mins) during the day. Stop seeing your body as just a vehicle to carry your brain around; it's your power source.

ii. Mental Energy (Your Brain's Battery): Your brain gets tired, just like your muscles. Trying to do several tasks at the same time is a recipe for burnout. The solution? Strategic focus. Use the Pomodoro Technique: work for

25 minutes, then take a 5-minute break. Work for 90 minutes, take a 20-minute break. These breaks aren't procrastination; they are how your brain recharges for the next sprint.

iii. Emotional Energy (Your Heart's Battery): This is the one we neglect the most. Draining conversations, pointless arguments online, and constant worry are like apps running in the background, killing your battery life. Protect your peace. Mute that WhatsApp group. Unfollow that toxic account. Practice gratitude. Your emotional state dictates your capacity to do anything.

iv. Spiritual Energy (Your Soul's Battery): This is about connecting to your "why." It's your sense of purpose. For me, it's my faith and my connection with God. For you, it might be spending time in nature, meditation, or

serving others. Whatever it is, you need to intentionally plug into the source that gives your life meaning.

Rest isn't for the weak. Rest is a weapon. The highest performers are not the ones who work the most; they are the ones who rest the smartest.

Chapter 6

Win the Morning, Win the Day

We've talked about clarity, focus, and energy. Now, let's bring it all together into a simple, powerful routine that will set you up for success before the world has a chance to distract you.

How you start your day is a trailer for how the rest of your day will play out. If you wake up and the first thing you do is grab your phone and scroll through Instagram abi whatsapp, you've already lost. You've started your day in a reactive mode, consuming other people's agendas.

Let's design a morning that puts you in the driver's seat.

The First 30 Minutes: Your Launchpad

The first 30 minutes of your day are your launchpad. You can either launch into a day of intention and focus or a day of distraction and chaos. Here is a simple, 3-step routine you can start tomorrow. I call it the "OBA's Trio."

1. Connect (10 mins): Before you touch your phone, connect with yourself. For me, this is prayer and quiet reflection. It's about getting my clarity for the day from my Creator. For you, it could be journaling, meditating, or simply sitting in silence with a cup of water and breathing deeply. Set your internal GPS before you start the engine.

2. Plan (10 mins): Now, grab your journal or planner. Do a quick "Brain Dump" of any lingering thoughts. Then, identify your "One Thing" for the day (your MIT from Chapter 4). Look at your schedule and block out the sacred time for your "Single Tab" focus session. In just 10 minutes, you've created a blueprint for a successful day.

3. Move (10 mins): Get your physical energy flowing. This isn't a full workout. Just do some simple stretches. A few pushups. Maybe walk around your compound or if you can, go for a morning jog. This wakes up your body, gets the blood flowing to your brain, and signals that it's time to be productive.

That's it. Thirty minutes. Connect, Plan, Move (C-P-M). This simple routine will transform the quality of your days. You'll start feeling in

control, focused, and energized, instead of constantly playing catch-up.

Conclusion

The Vibe is Back (Now Keep It)

So, here we are. We figured it out together.
Yayyy! 

The reason you didn't feel like doing it wasn't because you were lazy, broken, or had lost your fire. It was because your system was broken. Your mental tabs were overloaded, your energy was drained, and you were starting your days on the back foot.

Now you have a new system. A way to find clarity, focus your energy, and start your day with intention. The real work isn't finishing this book. The real work starts tomorrow. It's the work of consistency.

Let me be real with you. You will have days where you fall off. You'll wake up late, scroll on your phone, or maybe your smart glasses and feel overwhelmed all over again. That's okay. The goal isn't perfection; it's progress. It's about having the awareness to notice when you're drifting and using the tools in this book to gently pull yourself back on track.

So, this is my challenge to you. Don't just let this be another book you read. Live it.

Pick one thing—just one—from these pages and apply it tomorrow morning. Maybe it's the "Brain Dump." Maybe it's the "OBA's Trio." Maybe it's just putting your phone in another room for one hour.

Win tomorrow. And then wake up and do it again.

This is how you get your vibe back. This is how you keep it.

You were created to do amazing things. Don't let a temporary loop convince you otherwise. Go and be who you were meant to be. I'm rooting for you.

About The Book

Let's be honest: You want to do it, but you just... can't.

You're not lazy. You have big goals, ideas, and drive. But lately, you've been fighting yourself. You find yourself scrolling when you should be working. You stare at your tasks, knowing they need to be done, yet you feel completely drained of energy and motivation.

You feel disappointed in yourself, and you're wondering: "What is wrong with me?"

Omo, there is nothing wrong with you. You're just in a loop, and I wrote this quick guide because I was stuck in the exact same loop myself.

"Why You Don't Feel Like Doing It" is a raw, short guide born from my own moment of frustration and self-disappointment.

I wrote this guide like a letter to myself, trying to figure out how to stop performing below my own standard and get back on track. If you're tired of having high potential but low performance, this guide is your first step out of the fog.

This is the real gist. We're not talking about abstract theories; we're talking about the immediate, practical reasons why the vibe is gone and how to bring it back.

If you are a driven person who is currently feeling stuck, this guide is your quick antidote. You don't have a major problem; you have a system problem.

Stop staring at your ceiling and letting your potential drain away. It's time to get back to the focused, high-performing person you know you are.

Let's dive in!

About The Author



Shogbiyeju Victor Obateniola, fondly called Oba, is a devoted Christian and a First-Class Civil Engineering graduate from Covenant University.

His academic story is proof that transformation is possible. After four semesters of average grades, he experienced a major mindset shift that took his GPA from 3.92 in his 4th semester to 4.88 in his 5th. From that point till graduation, he consistently sustained First-Class results — moving from a 2:1 track to finishing with a First-Class.

Oba is a strong advocate for academic excellence and he believes that it is not reserved for a “special set of geniuses,” but is available to any student willing to embrace the right mindset, strategies, and discipline.

He shifts mindsets, shares practical systems and strategies that helped him rewrite his own story, so that university students can move from struggling or just surviving to truly thriving in their academics, consistently.

Beyond academics, Oba currently practices as a Civil Engineer. He is equally committed to helping young people become better versions of themselves through mentorship, training, and projects or initiatives that inspire growth, character, and excellence.

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