

STOP BEING LAZY, START MOVING

THE MOVE SWITCH (Core Framework)

Step 1 — Shrink the Task

Reduce the task to a 2-minute version so your brain cannot resist starting.

Step 2 — Stand, Count, Start

Stand up, count down “3...2...1...” and begin immediately.

Step 3 — Momentum Lock

After starting, commit to 90 more seconds.

Step 4 — Reward Anchor

Promise yourself a small reward after completing the tiny action.

THE 60-SECOND RESET

1. Sit up straight
2. Set a 1-minute timer
3. Take 10 slow breaths
4. Stand up on the final breath
5. Begin your 2-minute task

THE SCRIPT (Say This Out Loud)

“I don’t need to do everything. I just need to do the first 2 minutes.”

“Movement creates energy. Starting is winning.”

“Three... two... one... move.”

MICRO-ACTIONS LIST

- Put on shoes
- Clean one item
- Walk for 30 seconds
- Drink a full glass of water
- Do 10 pushups or 15 air squats
- Open the document you’ve been avoiding
- Send one message
- Set a 5-minute timer and begin
- Throw away one piece of trash
- Stretch for 20 seconds

THE NO ZERO DAYS RULE

Every day, do one small action that moves your life forward. Not perfection. Not intensity. Just no zero days.