

How to Stop Procrastinating Right Now

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My new favorite procrastination hack:
The “To-Start List”

It's simple...

Instead of overwhelming yourself with a list of daunting tasks, just **write down the first step** for each one.



To-Do List

- Write the post
- Go for a run
- Record video
- Clean apartment



To-Start List

- Write the first sentence of the post
- Put on running shoes
- Set up the camera
- Clean the kitchen table

For example:

“Write the post” becomes:
“Write the first sentence of the post”.

“Go for a run” becomes:
“Put on running shoes”.



To-Start List

- Write the first sentence
of the post

- Put on running shoes

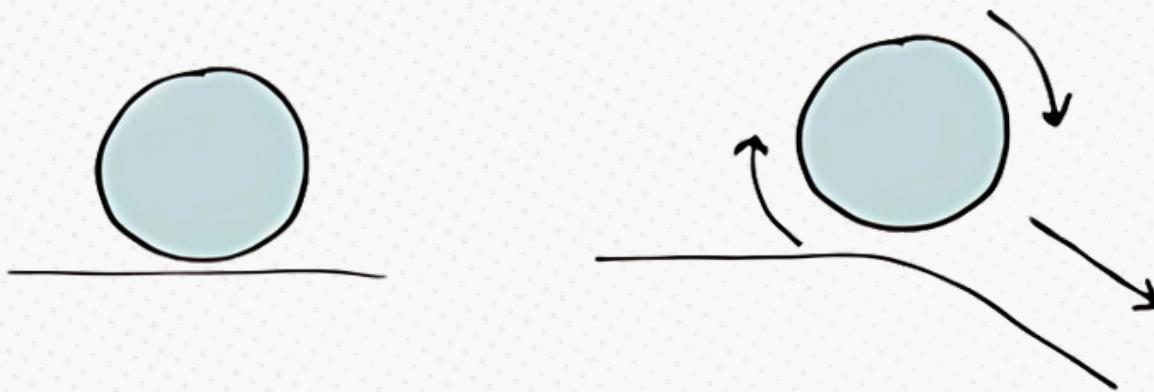
- Set up the camera

- Clean the kitchen table

It's amazing how much easier it is to get going when the goal is **simply to start**.

And a funny thing happens when you just **get started**.

Momentum kicks in, and before you know it, you're halfway through that task that felt "impossible" 30 minutes ago.



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