



CHAPTER

ONE



**How to stop
procrastinating
by using the
two-minute rule**



Chapter Summary

This chapter introduces the Two-Minute Rule as a powerful method to overcome procrastination. By breaking new habits down into tasks that take less than two minutes, you can make starting these habits easier and more manageable. Decisive moments play a crucial role in determining your actions, with small choices leading to significant outcomes. The focus is on establishing consistency and building momentum through simple, easy-to-do actions. Ultimately, the chapter emphasizes the importance of mastering the initial two minutes of any habit to pave the way for greater achievements.



Twyla Tharp's Morning Ritual

Twyla Tharp starts her days with a consistent morning ritual that anchors her productivity. By hailing a cab to the gym, she reinforces a habit that's automatically executed. This simple act exemplifies how small actions set the stage for bigger decisions.

The Power of Habits

Nearly half of our daily actions are habitual, influencing the conscious choices we make. Habits act as automatic pathways, guiding our behaviors towards productive or unproductive outcomes, often without us realizing it.

Decisive Moments Matter

Daily life is filled with decisive moments that impact our trajectory. Simple choices can lead us towards fitness, productivity, or relaxation, showing how crucial these decisions are for shaping our outcomes.

"Each habit holds immense power in shaping your path."

Introduction to the Two-Minute Rule

The Two-Minute Rule suggests that any new habit should be quick and simple to begin with. Tasks should take less than two minutes to perform, making it easier to start and maintain consistency.

"Start with actions that take no longer than two minutes."

Scaling Down Habits



Every desired habit can be distilled into a tiny, manageable version. For example, instead of planning a marathon, you simply need to put on your running shoes. The focus is on making habits easy to initiate.

The Power of Showing Up

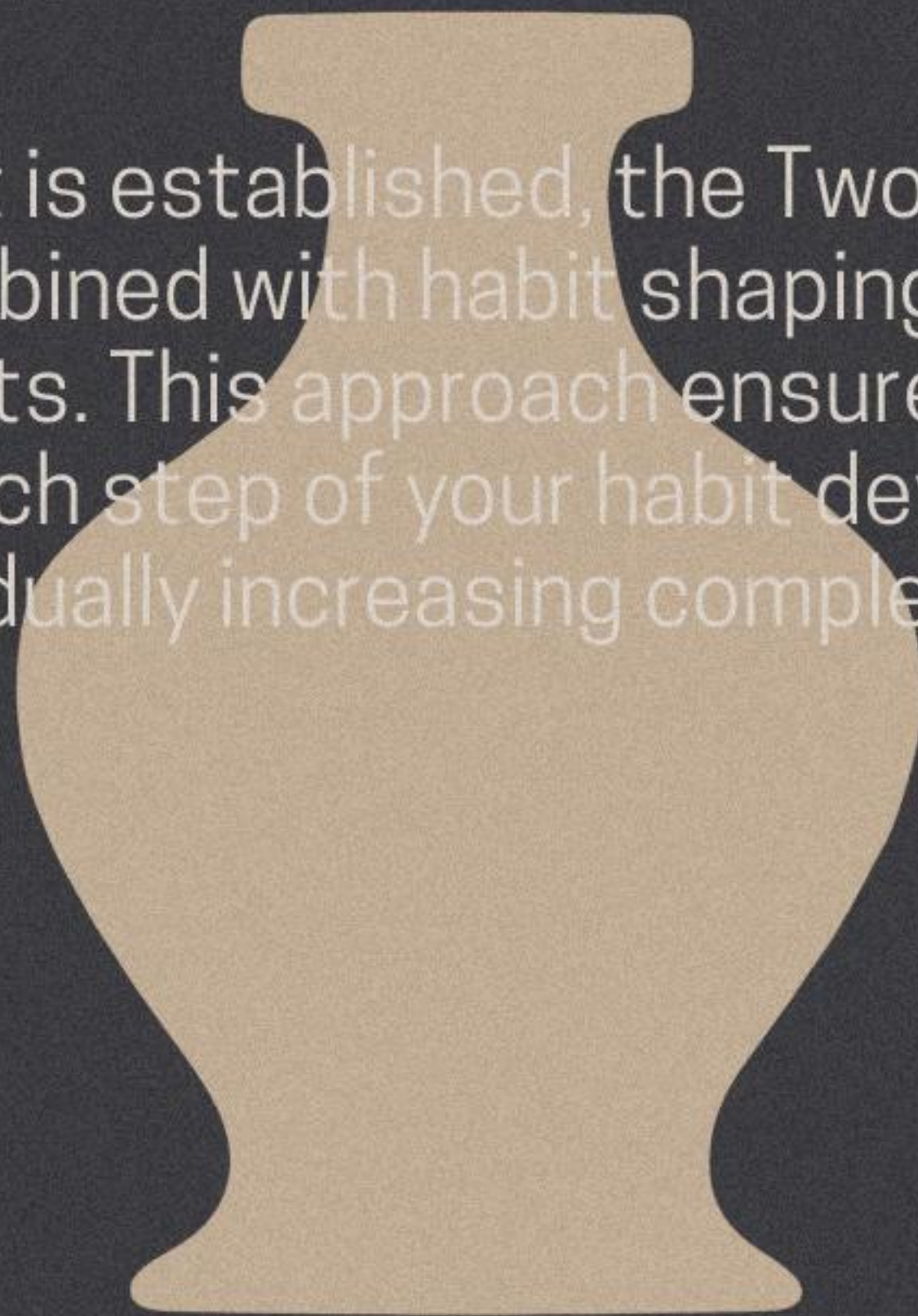


Focusing on showing up, even for just two minutes, changes your identity and builds consistency. Regular participation, no matter how small, leads to growth and reinforces the habit.

Combining Techniques



Once a habit is established, the Two-Minute Rule can be combined with habit shaping to scale up your efforts. This approach ensures that you master each step of your habit development, gradually increasing complexity.



Real-Life Examples

Using relatable situations, such as getting fit or journaling, demonstrates how to implement the Two-Minute Rule. Each example shows how simplicity can transform daunting goals into achievable actions.

The Importance of Consistency

Consistency in performing your habits, no matter how small, builds a path toward significant change. It's essential to maintain momentum to progress toward your ultimate objectives.



Your Journey Starts Small



All meaningful change begins with a small action. Emphasizing the significance of starting, even in the smallest way, paves the path for a future of greater accomplishments.



Recap

- "The ritual is the cab; it is the gateway to my workout."
- "Habits are the entrance ramp to a highway."
- "Small steps lead to big changes over time."
- "One push-up is better than none at all."
- "Standardize before you optimize your habits."



Thank You

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