How to Get Things Done

Even when you don't feel like it:

1. Start small

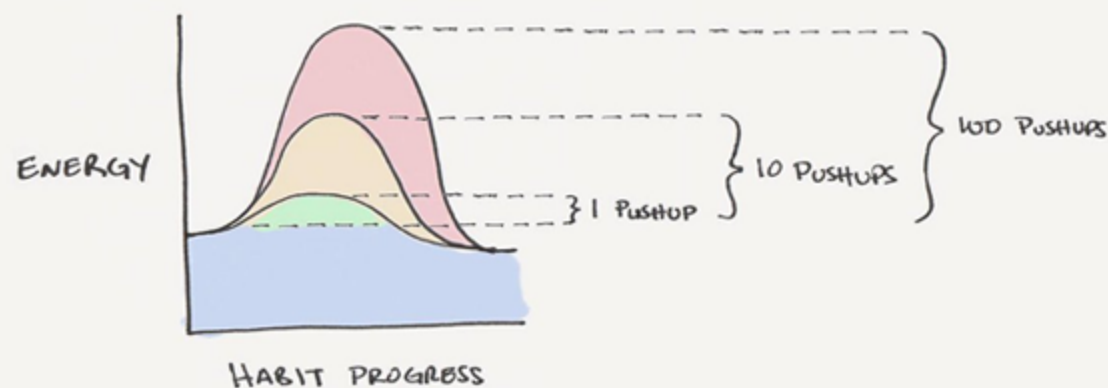Like reallyyyy small.

Do 1 push-up.
Write 1 line of code.
Meditate for 1 minute.

Make the barrier to start so low,
that you would feel stupid for not getting it done.

THE ACTIVATION ENERGY OF NEW HABITS

JamesClear.com/chemistry-habits

ENERGY

1 Pushup

10 Pushups

100 Pushups

HABIT PROGRESS

Every habit has an activation energy that is required to get started.
The smaller the habit, the less energy you need to start.
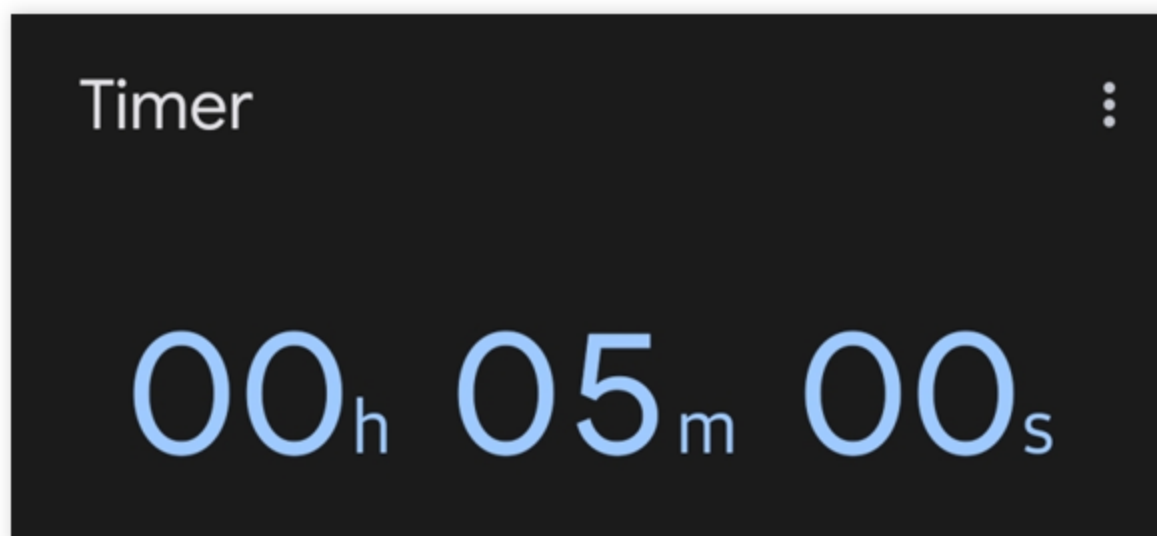
2. Set a timer

Make a deal with yourself.

Set a timer for 5 minutes.
Start the task.
When the timer goes off, you can stop.

(The trick is that 95% of the time you'll want to keep going)

Timer   ⋮

00h 05m 00s

3. Make it the only option

Want to get something done?

Give yourself 2 choices:
1. Do the task
1. Do NOTHING (literally)

No phone, no book, no distractions.

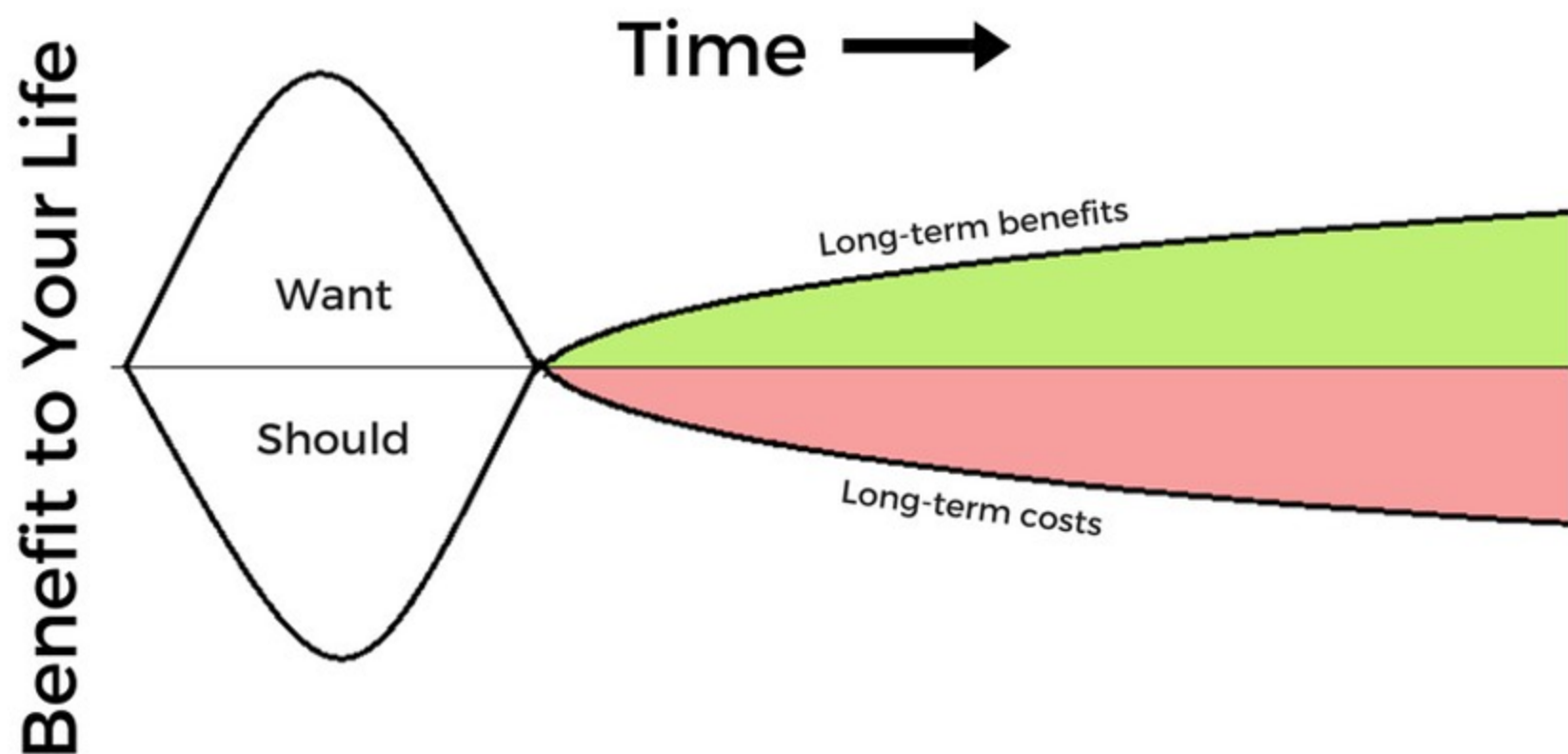Do the task, or don't do anything at all.

4. Use "Temptation Bundling

Pair the thing you **NEED to do** with something you **WANT to do**.

Watch Netflix—while walking on the treadmill.
Listen to a podcast—while doing laundry.

Train your brain to crave those tough tasks.

5. Change your environment

Sometimes a little **scenery shake up** is all we need to get the motivation flowing.

• Clean up your workspace
• Go outside if you can
• Open the curtains
• Light a candle
• Go to a café

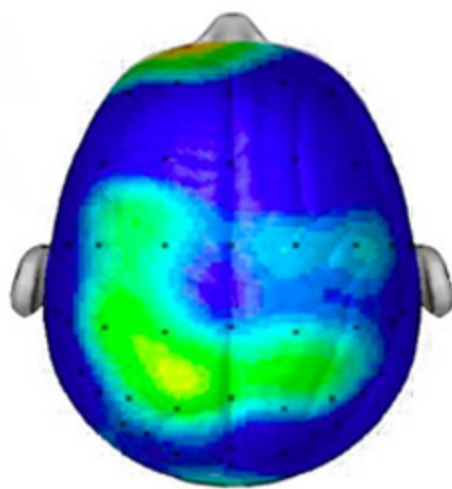Small changes go a long way.

6. Get moving

Never underestimate the power of a walk.
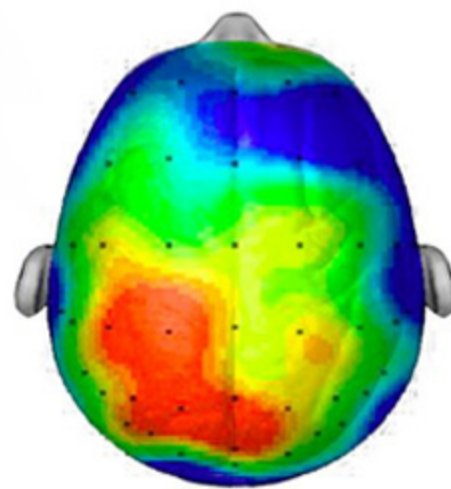
It can be as little as 5 minutes.

Or try **@SahilBloom's 5-5-5-30 routine:**

- 5 push-ups
- 5 squats
- 5 lunges
- 30-second plank

Composite of 20 student brains taking the same test

After sitting quietly   After 20 minute walk

7. Add accountability

Tell a friend about your task.

Ask them to **check in on your progress in an hour.**

A little public commitment goes a long way.

BONUS: Take a break

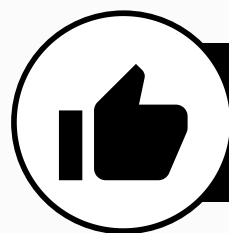Sometimes lack of motivation is a sign of **impending burnout**.

Listen to your body and brain.

But remember:
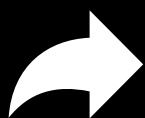"If you get tired, learn to rest, not quit."

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for more such insightful content

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