

Overcoming Procrastination for Morning Runs

July 29 So today, I ran 3km again.

dʒu:'laɪ 'twenti,'naɪn ,sou tə'deɪ aɪ 'ræn 'θri:,'keɪem ə'gen

But this time I finished at 8 AM instead of 5 55 AM

ˌbʌt ðɪs 'taɪm aɪ 'fɪnɪʃt æt 'eɪt ,eɪ'm ɪns'ted ʌv 'faɪv 'fɪfti,'faɪv ,eɪ'm

I didn't stick to my planned schedule.

aɪ 'dɪdnt s'tɪk tə maɪ 'plænd s'kedʒu:l

Why?

'waɪ

Well I was awake before 5 55 but I was too lazy to get out of bed

'wel aɪ wʌz ə'weɪk bi:fɔ:r 'faɪv 'fɪfti,'faɪv ˌbʌt aɪ wʌz 'tu: 'leɪzi tə get ,aʊtəv 'bed

I kept debating with myself and procrastinating.

aɪ 'kept di:'beɪtɪŋ wɪð maɪ'self ænd prəʊ'kræsti:nɪŋ

Eventually, I told myself, "Better late than never."

i:'ventʃu:əli aɪ 'təʊld maɪ'self 'betə 'leɪt ðən 'nevə

So, I ended up running at 8 AM.

'sou aɪ 'endi:d ʌp 'rʌnɪŋ æt 'eɪt ,eɪ'm

What I really want to say is, we need a strategy.

wʌt aɪ 'riəli 'wɒnt tə 'seɪ ɪz wi: 'ni:d ə s'trætədʒi

List out all the reasons you might hesitate beforehand and convince yourself to run

'lɪst 'aʊt 'ɔ:l ðə 'ri:zənz ju: ,maɪt 'hezi:tət bi:fɔ:rhænd ænd kən'vɪns jɔ:r'self tə 'rʌn

on time.

ɒn 'taɪm

Don't leave these decisions for the moment you wake up or are about to start

'daʊnt 'li:v ði:z di:'sɪʒənz fə ðə 'məʊmənt ju: 'weɪk ʌp ɔ:r aɪr ə'baʊt tə s'tɑ:rt

running.

'rʌnɪŋ

This way, when the time comes, you won't have to struggle mentally.

ðɪs 'weɪ ,wen ðə 'taɪm 'kʌmz ju: 'wʊntævtʊ s'trʌɡəl 'mentəli

Just get up and run.

'dʒʌst get ʌp ænd 'rʌn

In short, assess everything ahead of time and then just do it.

ɪn 'ʃɔ:rt ə'ses 'evrɪθɪŋ ə'hed ʌv 'taɪm ænd 'ðen 'dʒʌst 'du: ɪt

So, everything can be prepared.

'sʊ 'evrɪθɪŋ kæn bi: prɪ'perd

Convince yourself in advance to eliminate any hesitation.

kən'vɪns ʃɔ:r'self ɪn əd'væns tu i:'lɪmɪˌneɪt ,eni ,hezɪ'teɪʃən

Nip those doubts in the bud.

'nɪp ðəʊz 'daʊts ɪn ðə 'bʌd

Alright, that's all for today.

ɔ:'raɪt ðæts 'ɔ:l fɔ:r tə'deɪ

I'm Bian Hai.

aɪm 'baɪən 'haɪ

Every journey starts with a single step.

'evri 'dʒɜ:ni s'tɑ:rts wɪð ə 'sɪŋɡəl s'tep

Let's get better together.

'lets get 'betə tə'geðə