



# Beat Procrastination

*Make the first step so small you can't say no.*

Procrastination usually isn't laziness — it's avoidance of a feeling: the task seems too big, boring, or stressful, so we escape to something easier. The fix isn't more willpower; it's shrinking the task until starting feels effortless, and removing the friction that pulls you away. Motivation tends to arrive after you begin, not before.

## Break it down

Pick one task you're avoiding and split it into the smallest possible steps — the first should take about two minutes.

Step	Smallest version	Done?

## Make starting easy

- Work in short focused sprints (e.g., 25 minutes), then take a real break.
- Remove one distraction before you start — phone in another room.
- Use an if-then plan: “When I sit down at 7pm, I'll open the doc and write one line.”
- Reward yourself for starting, not only for finishing.