

Choose. *Act intentionally.*

The third movement: closing the gap between knowing and doing — with smaller steps, honest fuel, and action that answers to your values rather than your mood.

Centre › Clarify › **Choose** › Repeat

What does Choose mean?

Acting on purpose rather than on autopilot. Not heroic productivity — deliberateness: this step, chosen, because it serves something I actually hold. One intentional act a day outweighs a week of busy reactivity, and it feels different from the inside too.

Why is starting so much harder than doing?

Because ignition and momentum are different systems. The mind's starter motor runs on four reliable fuels — interest, urgency, novelty and other people — and weakly on importance alone. Once contact is made, momentum usually takes over. So the craft is all in engineering the first sixty seconds.

Is procrastination just laziness?

No — genuine laziness is nearly mythical. Procrastination is almost always protection: from overwhelm, from not knowing where to start, from the fear of doing it imperfectly. Treat it as a signal that the first step is too big or too vague, and it becomes solvable. Treat it as a character verdict, and it digs in.

What actually sustains motivation?

Three well-evidenced conditions: autonomy (it's yours — chosen, adapted, in your own words), competence (you can see yourself getting somewhere), and relatedness (someone else is in it with you). Notice willpower isn't on the list. Motivation is architecture, not a mood you wait for.

What do values have to do with getting things done?

Everything, two steps up. The tax return is just the tax return — but the business you want to run cleanly, the family you want unworried, the self-respect of handled things: those are values, and tasks connected to them start differently. Naming the connection doesn't make the task fun. It makes it chosen.

Do tiny steps really count?

They're the only thing that reliably does. "Open the document and write the headings" beats "work on the report" every time, because one is startable and the other is fog. Make the first step physical, visible and slightly too small — embarrassingly small is correct. Contact first; momentum does the rest.

What if I start things and don't finish them?

First: starting is a skill, and you evidently have it — a strength worth saying out loud. Finishing usually needs different fuel: a visible endpoint, a time-box, a person expecting it. And some unfinished things are simply completed experiments — you learned what you needed and moved on. Be discerning about which is which, and kind about both.

What does "act intentionally" look like on a terrible day?

Smaller, not absent. On a terrible day, intentional action might be one email, one phone call, one walk around the block — chosen on purpose, done with your full presence for four minutes. The loop doesn't require good days. It requires returns, and returns come in all sizes.

How do I know it's working?

The gap shrinks — the distance between *I should* and *I did*, measured in days, then hours, then minutes. And quietly, underneath, the way you speak to yourself starts changing, because you're accumulating evidence of being someone who follows through. That evidence compounds.

IF THINGS FEEL UNSAFE RIGHT NOW

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