

WANNNA GOTTA!

Options can be the enemy of action.

We often know we should do something but still don't act. Ironically, a common reason for inaction is the existence of options.

Imagine that after lots of procrastination, you're working all night on a project that's due the next morning. You have to get it done.

We're most motivated when we gotta do something. We can be least motivated when we have options, procrastination being one of them.

The trick is to create in yourself a state of mind where you have to do something. But what if you really don't wanna? *Then you have to want to do it.* You need to wanna gotta!