

# Before You Feel Like It

Test what happens when you do something first and wait for the wanting to catch up.

## WHEN TO USE THIS

Use this on a day when you are waiting to feel ready and it is not coming.

Pick one small thing to do in the next hour without waiting to want it.

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Before you start, how much do you feel like doing it?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Not at all

Ready to go

Now do it. Afterward, write what it was actually like.

*Come back to this line when you are done.*

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After doing it, how do you feel about having done it?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

No different

Glad I did

What does that tell you about waiting to feel like it first?

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*Motivation often shows up a few minutes late. You can start without it.*