

Wanna Gotta!

Options can be the enemy of action.

Remember Prince Hamlet.

- 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. Procrastination is no longer an option. You *have* to get it done.
- We're most motivated when we GOTTA do something. We can be least motivated when we have options, and procrastination is one of them.
- The trick is to create a **state of mind** where you *have* to do something. But what if you don't WANNA?
- Then you have to **want to have to do it**. You need to **WANNA GOTTA!**

