

Syracuse Inter

Comprehensive c

Action First

The Concept

"You cannot think your way into right action, but you can act your way into right thinking."

The biggest lie depression and anxiety tell us is: "I'll do it when I feel like it."

We wait for motivation. We wait for energy. We wait for confidence. But motivation is not a lightning strike; it is a **result**.

The Motivation Trap

Trap: Feel Good → Do Stuff

Truth: Do Stuff → Feel Good

The 5-Minute Rule

When you are stuck, your brain is overwhelmed by the size of the task. "Clean the house" feels impossible. "Pick up one sock" is easy.

The Protocol:

1. **Commit to 5 minutes only.** Tell yourself you can quit after 5 minutes.
2. **Start the smallest possible action.** Put on your shoes. Open the document. Wash one dish.
3. **Notice the shift.** Once you start, the "friction" disappears. Momentum takes over.

The "As If" Principle

If you wait until you feel confident to act confident, you will wait forever. Instead, act **as if** you are already the person you want to be.

Feeling Tired?

Act as if you have energy. Stand up straight. Walk briskly. Your brain will follow your body.

Feeling Anxious?

Act as if you are calm. Slow your speech. Unclench your jaw. Breathe deeply.

The Turning Point: Your Action Plan

What is one thing you have been putting off?

What is the "5-Minute Version" of that task?

When will you do it?

Hint: "Now" is the best answer.

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