Four ways in, any day.

Stuck doesn't mean lazy - it usually means nothing in front of you feels doable yet. These four values are different doors into the same room. You only need to walk through one.

Mastery

Doing something, and knowing you did it.

ASK YOURSELF

"What's one small thing I could finish, just for me?"

Every little win is proof you're capable - no audience required.

Pleasure

Something that feels good, no other reason needed.

ASK YOURSELF

"What sounds fun, cozy, or satisfying right now?"

Joy isn't a distraction from getting things done - it's often the spark that starts you.

Connection

A small, low-pressure reach toward another person.

ASK YOURSELF

"Who could I text, sit near, or check in with?"

You don't have to carry momentum alone - other people can help hold it too.

Movement

Any change in your body, however small.

ASK YOURSELF

"Can I stretch, walk, or just change position?"

Shifting your body can shift your whole state faster than thinking ever will.

You don't need all four today - just the one you have a little room for.