



THE 2-MINUTE STARTING SYSTEM

"You should be far more concerned with your current trajectory than your current results." — James Clear, *Atomic Habits*

Bootup Engineer — the honest version of self-improvement

The Reset

You don't have an ambition problem. You have a starting problem — and starting is a skill you can make easy.

Wanting is cheap. Your brain gives you a hit of dopamine just for *imagining* the goal, so fantasising about the life quietly drains the drive to build it.

Big goals also read as a *threat* to the brain, so you avoid them the way you'd avoid danger — and the relief of avoiding reinforces the loop.

The fix isn't more motivation. It's making starting cheaper than avoiding.

The 3 Moves

1. Shrink the first rep until it's stupid.

Two minutes, not two hours. You're not doing the work — you're removing the threat signal. My 2-minute version of the thing I keep avoiding: _____

2. Trade the fantasy for a cue.

Stop rehearsing the outcome. Attach the 2-minute rep to something you already do every day. After I _____, I do my 2-minute rep.

3. Log the doing, not the feeling.

Motivation is the *result* of starting, not the requirement. Mark an X every day you did the rep.

The 7-Day Streak Tracker

Rule: You only have to do the 2-minute rep. Anything more is a bonus. Mark each box when done.

- Day 1 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____
- Day 2 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____

- Day 3 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____
- Day 4 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____
- Day 5 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____
- Day 6 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____
- Day 7 — Cue done? _____ 2-min rep done? _____ Went past 2 min? _____

Day 7: motivation didn't come first — the streak did. That's the whole point.

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