

# The Whole Life Productivity Do It Now Analyzer

What is it I don't want to do right now?

What would I rather do?

Why would I rather do that thing?

Have I started the thing I don't want to do? How far am I toward my goal?

What is the point of resistance? Am I scared? Bored? Thinking it's pointless?

Is it something that I truly want to do? Or something I am doing out of duty, expectations, etc.?

Is there some little thing toward my goal that I can do right now without internal resistance?

*if you've been putting it off, put it back on and get it done!*

