

ROCK//SNR

Motivation

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Too many ideas are forever left waiting for motivation. But in waiting, it may never come.

Morning is my time to think. I started the habit when I began waking up a few hours before everyone else. To avoid disturbing the house, I wrote in my diary. Eventually that expanded to writing other things as well.

Recently, midway through my morning coffee and thinking routine, a dread hit me. A dread about starting work even though I knew I would enjoy the process.

You've felt it: lying in bed next to a ringing alarm clock. The procrastination, the avoidance. Starting feels like Herculean effort. A few hours later, there you are excelling at work, highly motivated.

Most of the time there is no thought process involved. You start. You don't debate yourself whether you want to work that day. Great careers have been built this way. Many pieces of art as well. Ask around in the local gym and you'll find that it's true there too.

Some great ideas never come to fruition because they are counting on motivation. Countless dreams never realized, waiting for the right spark – a spark that may never come.

At the end of your life, looking back on those unfulfilled dreams, could you look at yourself in the mirror and be content with the fact you never started because you

never felt like it? Knowing you could have done it; but didn't?

It's options that allow procrastination to grow. It's possible to procrastinate even on things you love. You wait for the inspiration, the moment you feel motivated. But it's just wasted time.

Despite the lack of motivation to start, offices, art studios and gyms are filled with motivated people. Most of the time the missing motivation shows up when people are working. Once in the flow, stopping is as hard as starting was in the beginning. And for the 1% of cases when motivation never comes? Your brain goes "Fuck this. You're already halfway through - might as well get it over with".

With writing, I might have a goal of merely putting 200 words on paper; a hurdle so big I avoid it. But eventually, while absorbed in the process, the word counter hits 500 without me even noticing it. When I realize I've already reached the goal, I'm already in the flow. "I'm not gonna stop now. I'm inspired!"

Looking at highly motivated people, we tend to assume motivation was there all the time. Similarly, people looking at you think the motivation was there all the time. It wasn't, you built it up - one of your achievements for the day.

So next time, don't waste time debating whether you should start or not. Start and the motivation will come later.

And if it doesn't, you are still much better off than never starting.

