THE GOOD LEARNER PROJECT

Episode 9: Motivation Is Unreliable, Systems Are Better

Focus · Confidence · Self-regulated learning · habit and environment design

By the end, you will stop waiting to feel motivated and start building a system that runs without it.

THE MOVE • The System Beats the Mood

Four levers that make learning happen without relying on how you feel.

Lever	Aim	Example
Cue	Make the start obvious	Same time, same place, page already open
Friction	Make the right thing easy	Remove one step; put the distraction out of reach
Size	Make starting almost effortless	Two minutes counts; starting is the win
Track	Make progress visible	A tick, a streak, a simple log

USE AI AS A THINKING PARTNER • copy this prompt

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Help me design a study routine for [GOAL] that doesn't rely on
motivation. Ask me about my typical day, my study space, and my usual
distractions. Then propose one cue to start, one friction to remove, and
a two-minute starting version of the habit. Keep it small and doable.
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YOUR CHECKLIST THIS WEEK

- [ ] Pick a fixed cue: a set time and place to start.
- [ ] Remove one point of friction from getting started.
- [ ] Shrink the starting step to two minutes.
- [ ] Put one distraction physically out of reach.
- [ ] Tick it off when done, so progress is visible.

ONE SMALL BEHAVIOUR

Set one cue and remove one friction for your next session. Then let the system carry you on the day your mood will not.