

Unmotivated on Purpose: How to Get Things Done When You'd Rather Do Nothing

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Table of Contents

.....	1
Introduction	2
Chapter 1: The Myth of the Big Change (And Why You Keep Failing)	3
Chapter 2: Focus Is Not a Superpower (It's a Skill You Forgot You Had)	4
Chapter 3: The Motivation Lie — Productivity for the Unenthusiastic	5
Productivity, Rebranded	6
Lazy Productivity Systems	7
Motivation Is Overrated, Systems Are Not	9
Action Steps for the Reluctantly Productive:	10
Chapter 4: Productivity Guilt is the Real Time-Waster..	11
The Hustle Hangover	12
Doing Nothing is Doing Something	13
Guilt ≠ Motivation	14
You Are Not a Machine	15
The Real Enemy: The “Always-On” Myth	16
Chapter 5: “The Two-Minute Lie and the Five-Minute Truth	17
The Myth of the Morning Miracle	18
It's Not When You Work, It's How You Work	19
The Lazy Person's Guide to Time Blocks	20
Give Yourself Permission to Start Late	21
Chapter 6: The Myth of Motivation Why “Just Do It” Doesn't Work (and What Actually Does)	22
The Real Problem	23
The Fix: Systems Beat Feelings	24
Introducing “The Couch Potato System”	25

Example: Writing a Book When You Feel Like a Toasted Waffle.....	26
Final Thought: Action First, Feeling Later	27
The Real Problem: The Mental Resistance Trap	28
Reframing the “Start”	29
Tools, Not Mantras	30
You’re Not Broken—You’re Human	31
Time Management for People Who Can’t Manage a Calendar App.....	32
Chapter 7: Stop Trying to Feel Like It	34
(“When You’re Waiting for the Mood, You’re Already Losing”).....	35
Motivation Is a Diva.....	36
Mood Is Overrated.....	37
The Brain Doesn’t Mind Being Tricked.....	38
Game the System (You vs. You)	39
Cold Starts Are Normal	40
Real Progress Isn’t Emotional.....	41
Chapter 8: The Perfect Morning Is a Lie (and So Is Lemon Water)”	42
1. Define Your Functional Morning.....	43
2. Lower the Bar (Seriously).....	44
3. A Tale of Two Mornings.....	45
4. Habit Stacking for Zombies.....	46
5. Redefining Success Before 9 AM.....	47
Final Thought:.....	48
Chapter 9: The Myth of Passion — Why You Don’t Need to Love Everything You Do	49
Passion Is Overrated.....	50
The Laundry Principle, Again.....	51
Bricklayers and Cathedrals	52

Focus on Purpose, Not Passion.....	53
Chapter 10: "The Power of Half-Assed Effort.".....	55
The Lazy Person's Guide to Efficiency.....	56
Create Systems, Not Goals	57
Delegate Like a Royal	58
The 80/20 Rule Is a Lazy Genius Tool.....	59
The Anti-To-Do List.....	60
Celebrate Low-Energy Wins.....	61
Final Thought: It's Not About Doing Nothing	63
Chapter 11: Tiny Wins — How to Trick Yourself Into Progress	64
The Power of Tiny Wins.....	65
Gamify It Like a Cheat Code.....	66
The Ladder, Not the Leap.....	67
Momentum Beats Motivation	68
Chapter 12: The Compound Interest of Habits	69
Habits > Hustle.....	70
Why Habits Compound Like Money.....	71
Systems Beat Goals.....	72
Identity Through Action.....	73
Chapter 13: Make Time Work for You — The Power of Batching, Blocking, and Monotasking.....	74
The Combo That Changes Everything	77
Chapter 14: Your Brain on Flow — The Lean State of Mind.....	78
Flow = Focus + Challenge.....	79
Flow is Lean Thinking for Your Mind.....	80
How to Trigger Flow.....	81
Why Flow Feels Amazing	82
Chapter 15: Parkinson's Law — Work Expands to Waste Your Time.....	83

Time Is a Sneaky Snake	84
Lean Timeboxing	85
Constraints Create Clarity	86
Apply Parkinson's Law Like a Lean Pro	87
Chapter 16: Don't Wait — Waiting Is a Lean Killer.....	88
Waiting Is Not Empty — It's Expensive	89
Flow Doesn't Like to Wait.....	90
Move the Work or Move the People.....	91
Don't Tolerate Dead Time	92
Actions to Eliminate Waiting.....	93
Chapter 17: One-Piece Flow — Stop Piling Work, Start Finishing Fast.....	94
Batch Is the Enemy of Flow	95
Focus = Flow = Faster Delivery.....	96
Think Like a Lab — Not a Factory	97
It's Agile in Disguise.....	98
How to Shift from Batch to Flow	99
Chapter 18: Improve the System, Not Just the Symptoms	100
The Root Cause Is Rarely What You Think.....	101
The 5 Whys.....	102
Systems Thinking Beats Firefighting.....	103
Toyota's Secret? Systems Thinking.....	104
Stop Heroics. Start Systems.....	105
Chapter 19: Respect for People — The Human Side of Lean	106
Respect Means Listening — Really Listening.....	107
Respect Means Equipping People to Succeed	108
Respect Builds Ownership	109
Toyota's Model: High Standards + High Respect.....	110

Chapter 20: AI as a Lean Coach — A New Kind of Teammate	111
Chapter 21: The Sweet Spot — Balancing Laziness and Productivity.....	115
Chapter 22: Lazy Doesn't Mean Stupid — Outsmarting the Grind	118
Chapter 23: The Power of Pausing — Reflection as a Lean Habit.....	121
Chapter 24: The Unmotivated Advantage — Final Thoughts on Doing Less, Better	123
Conclusion.....	125
Why You Don't Have to Be Motivated to Matter	126

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Introduction

This Is Not a Self-Help Book (Except It Is)

Congratulations. If you're reading this, it means either:

- A) You're stuck in life.
- B) You're procrastinating fixing your life by reading about fixing it.
- C) You enjoy books with sarcastic titles because therapy is expensive.

Either way, welcome.

This book won't turn you into a billionaire monk who wakes up at 4:00 a.m. to drink matcha and meditate with Tibetan goats. But it might help you:

- Get your act together (a little).
- Laugh at your daily chaos (a lot).
- Take small steps toward becoming a person who doesn't cry at to-do lists.

I'm not a guru. I don't live on a mountain or post gym selfies with quotes like "Discipline = Freedom." I'm just someone who figured out that changing your life doesn't require a 10-step ritual, just one honest step you don't hate.

So, buckle up. Or don't. Either way, we're starting.



Chapter 1: The Myth of the Big Change (And Why You Keep Failing)

Everyone loves a dramatic story:
"I quit my job, moved to Bali, and now I sell eBooks from a hammock!"

Good for you, Chad. But what about the rest of us who have bills, back pain, and a job that slowly erodes our soul?

Here's the truth:

Change doesn't come from huge leaps. It comes from not hitting snooze 3 times in a row.

Your brain hates big change. It panics. It rebels. It convinces you that now isn't the "right time."

But you know what it *can* handle?

- One glass of water instead of soda.
- Five minutes of silence before your daily doom scroll.
- Closing one browser tab. (Yes, even the one with 17 unread articles.)

Tiny wins feel useless... until you realize they're all you need.

Want a better life? Stop planning to become a new person next year. Start by becoming 2% less of a mess *today*.



Chapter 2: Focus Is Not a Superpower (It's a Skill You Forgot You Had)

Raise your hand if you've ever done this:

1. Opened your laptop to work.
2. Ended up watching a YouTube video about how pencils are made.
3. Forgot why you exist.

Modern life is a distraction buffet. Focus isn't about becoming a laser-eyed monk. It's about closing the mental junk tabs in your brain.

Here's what works:

- **Start ugly.** Open that file. Type the dumb sentence. Don't wait for "flow state."
- **Use a timer.** Fifteen minutes of real work beats three hours of "research."
- **Remove one temptation.** Log out of the platform that steals your soul. (Yes, that one.)

And remember: Focus is a muscle. Use it like a toddler lifts things—awkwardly, repeatedly, and with snacks nearby.



Chapter 3: The Motivation Lie — Productivity for the Unenthusiastic

“**W**e don't rise to the level of our motivation; we fall to the level of our systems.”

— (Someone probably too motivated to be trusted)

Let's get this out of the way first: **You are not lazy.**

You are just... *selectively ambitious*. Which means, you'll enthusiastically watch 17 YouTube videos about how to be productive—while not moving a single muscle toward your to-do list.



Productivity, Rebranded

The world keeps telling us that productivity is about waking up at 5 AM, drinking spinach smoothies, and journaling like your life depends on it. But here's the secret nobody puts in a TED Talk:

You can be productive without feeling productive.

Let me explain.

If you open your laptop, answer one annoying email, put your laundry in the washer, then take a nap—you've done three things more than your "fully motivated" self from last weekend. That's a win.

We're not aiming for Olympic gold here. We're aiming for "things got slightly better than yesterday."



Lazy Productivity Systems

Systems are beautiful because they *remove thinking* from the equation. Thinking requires energy. Energy is... a finite resource you used up this morning scrolling Instagram while convincing yourself it was “research.”

So, here are some productivity systems for people who’d rather nap:

1. The “One-Tiny-Thing” Rule

Only commit to doing **one small thing**. Not the whole task. Just one microscopic part of it.

- Don’t write a report. Write the **title**.
- Don’t clean the kitchen. Wipe **one counter**.
- Don’t go for a run. Put on your **shoes**.

Most of the time, the momentum takes over. If not? You still did something. That’s more than zero.

2. The Guilt-Free Timer (a.k.a. the “Oh Well” Method)

Set a timer for **10 minutes**. Do the thing you’re avoiding.

At the end of 10 minutes, you have permission to stop and say, “Oh well, at least I tried.” It disarms perfectionism and gives you an exit strategy. Weirdly, you’ll often keep going.

3. Automation Is Not Cheating

Let apps and reminders boss you around. You don’t need “willpower”—you need Google Calendar to yell at you like a bootcamp trainer with a PhD in passive-aggression.

Use recurring alarms like: