

Why get out of bed in the morning?

To say that I got up at 4 AM? To check off all my habits? To write & exercise before anyone else gets up? To "get ahead" or catch up on work? To make progress on my *own* projects? To enjoy life?

Why *do* I do it?

Well, normally I don't. I hear my 4 AM alarm, then roll over and keep on sleeping until

1. I have a meeting, or
2. it's too late to get all of my standing hours if I don't get up. I only get up, and get going, when the lack of hours left in the day becomes a crisis—it's not because of any amazing opportunities to work on something. In the last few months, I can't recall once rushing out of bed for a pressing urge to make progress on something. Never.

I get up when I have to—when my commitments or routine command. If it's early, I then have to *find something* to do! Today I flipped through finance apps for half an hour before opening this journal, burning time because it either doesn't feel scarce or there's no compelling enough reason not to!

Why *should* I do it? That's a really hard question. Why get out of bed? Why leave such a warm, happy cocoon and start passing time consciously instead?

... I don't know. In fact, I **so** don't know that after walking away and spending literally 45 minutes exercising and eating breakfast, I *STILL* haven't got a clue.

My goal is to, through high income and low expenditure, be a retired multimillionaire by 30 (or have the option to retire). But, what then? I could lay around in bed all day—why *not* do that? What will keep me from rotting away for 2/3 of my entire life, once I've paid my share in full-time work? Maybe kids... but after that? Why exist?

I've heard that it's common for people to work and be healthy well into old age—then wither away almost immediately after retiring, as their sense of purpose evaporated. Would it be the same for me, at 30? How is it that we can keep automatically putting one foot in front of another for decades without questioning why we do it, or wondering what we'd do if nobody else gave us direction?

My naive "direction" is towards education reform. That's what I "want" to do, what I tell myself I'd do given enough free time. But I now *have* free time and generally don't spend it on that, so what gives? Is it really so important to me, if I have to force myself to do anything to advance it?

I do feel good whenever making progress on it, so maybe I just need structure and direction. A routine, imposed on me like any job would be: "Spend X hours on it," "aim for X revenue," "make X MVP by Y date," etc. Accountability. Structure. Some framework my Western work ethic can latch on to. But then again, I'm still not sure... anyways, it's worth a shot.

Even if that works, I'll still be getting up because I have to, not because of bursting passion. What got me up as a kid?