

Task Initiation Worksheet

Choose one task and make the start more manageable. A smaller step can help, but it does not guarantee that starting will be easy. You may skip questions that do not fit or discuss them with your coach.

1. What task have you been unable to start, even though you know it matters?

2. What is the actual first physical action — something you could film in 5 seconds?

3. What version feels manageable with your energy, access needs and circumstances today?

4. Define a minimum version, perhaps two minutes. What would count as starting?

5. What is getting in the way — is it overwhelm, perfectionism, unclear next step, or fear? Be specific.

6. What optional support, reminder or company might help with the first few minutes?

7. Make starting possible

When and where will you try? If you cannot start then, what support or revised time will you choose? When will you review what helped?

Task

First physical action

Minimum version

Likely obstacle

Support / materials

Start time and review