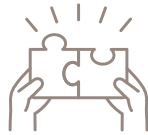


TASK INITIATION MENU



5 minute rule
commit to 5
minutes as the 1st
step



**Find the smallest
starting point**



Clear the barriers
Do you need a
snack, a drink or the
bathroom before
settling down?



**Find an
accountability
partner**



**Connect with
why it matters in
the long run**



Body double



**Chunk by
activity**
make an outline'
might be more
effective than
'write for :30'



Eat the frog –
choose the
hardest thing
and get it over
with first



Reward yourself
for small
achievements



**Pair with
something
enjoyable**



Visualize success
– how will it feel
when it's done?



**Reduce
distraction**

ah

Andrea Hernandez
Therapist + Coach