

TASK ATOMIZER

MICRO-TASK BREAKDOWN // STATUS: TASK TOO BIG

DATE: []
TIME: []

GOLDEN RULE: IF YOU CANNOT START, IT IS TOO BIG. MAKE IT SMALLER UNTIL IT SOUNDS STUPID.

01 // THE ATOMIZER

INPUT: THE BLOB

The scary thing your brain labeled "Project."
(e.g., Clean Garage)

FILTER: THE NOUN

One physical object involved. Something
touchable. (e.g., Blue Bin)

OUTPUT: 10-SEC VERB

Smallest physical movement that creates
contact. (e.g., Drag bin)

02 // MICRO-STEP LADDER

CONSTRAINT: EACH STEP MUST BE DOABLE IN UNDER 2 MINUTES.

01.

02.

03.

04.

05.

06.

STOP POINT VERIFICATION

- RESISTANCE HAS DROPPED
- I CAN DO STEP 01 NOW

INITIATION TIMER

I will work 10 minutes and stop on purpose.

START TIME: [__ : __]

03 // RESCUE PROTOCOLS

PROTOCOL: NANO-STEP

Steps still too big? Do not write. Do not plan.

- Stand up.
- Touch the first object.
- Return to seat. Count it as a win.

PROTOCOL: EXTERNAL ANCHOR

Brain won't self-start? Borrow structure.

- Body Doubling (Focusmate / Friend)
- Single-song loop (Headphones ON)