

TASK INITIATION GUIDE

Diagnose the block before you fight it. For the moment you know exactly what to do and cannot make yourself start. Diagnoses the specific block and matches it to a starter strategy instead of a generic pep talk.

01 // WHAT THIS IS

NAME THE BLOCK, THEN MATCH THE FIX

This worksheet starts by naming which block is actually happening, then matches it to a strategy built for that specific block, instead of offering one generic productivity trick and hoping it sticks.

02 // HOW TO USE IT

1. Name the task. One specific task, not "get my life together." The smaller and more specific, the easier the rest of this works.

3. Match the strategy to the block. Overwhelm needs a smaller first step. Boredom needs urgency or interest injected in. Fear needs the stakes lowered, not raised.

5. Log what worked. The same task can stall for a different reason next week; this becomes a reference, not a one-time fix.

2. Identify the block. Is it overwhelm (too big, no clear first move), boredom (no stakes, no interest), fear (afraid of doing it wrong), or something else?

4. Take the smallest possible first action. Not the whole task, the two-minute version of the first step.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

Built for ADHD brains and anyone else whose willpower isn't the actual problem. If a task stays stuck after several honest attempts at this, that's more useful information than a personal failing; it may be worth naming out loud with a clinician or coach.

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DATE

TASK

01 // IDENTIFY THE BLOCK

OVERWHELM

BOREDOM

FEAR

UNCLEAR FIRST STEP

OTHER

What makes this the block?

02 // MATCH THE STRATEGY

Overwhelm

Shrink the first step.

Boredom

Add urgency or interest.

Fear

Lower the stakes.

Unclear

Name the first physical action.

03 // THE TWO-MINUTE FIRST ACTION

Not the whole task. The smallest physical move that starts it.

04 // WHAT WORKED / WHAT I WILL REUSE