

A SMALL BEGINNING - EXPLANATION AND EXAMPLE

When starting feels harder than the task

A broad task can leave the first action unclear. Choose one small beginning you can see yourself doing. It does not need to solve the whole task.

Make the beginning concrete

Use an action and an object: find one bill, then read its payment deadline. Give the attempt up to five minutes, with permission to stop sooner. Five minutes is a limit you may choose, not a test to pass.

WORKED EXAMPLE - ONE BILL**The broad task**

Sort out my finances.

The visible beginning

Find one bill and read its payment deadline.

What I find

This example bill says: due 20 September.

After two minutes: I stop, knowing the deadline.

Choose what comes next

Stop here, continue with one small action, or ask for help. If the bill is unclear, a next step could be asking the provider to explain it. Stopping this attempt does not change the payment deadline.

A SMALL BEGINNING - YOUR TURN

Choose your own small start

Use the example on page 1. Short answers are enough. Choose a task and a beginning that fit your situation today.

My broad task

What is the task that feels hard to begin?

My visible beginning

Name one action and one object. What will I find or check?

My short attempt

Choose up to five minutes. I can stop sooner.

My next choice

Stop - Continue a little - Ask for help. What fits now?

You can stop this attempt without finishing the whole task.

Type and save a copy, or print and write by hand.