One Small Step Task Sheet

Break one stuck task into steps so small they feel almost silly. Then do step one.

Task	Smallest first step (2 min)	Started at	Done?

How to use it

- Write the task you keep avoiding. Then write a first step you could do in two minutes.
- If step one still feels hard, make it smaller: "open the laptop", not "write the report".
- Write the time you started. Starting is the win.

Now, free on the App Store. Scan the code to get it.

Now shows you one task and one small step at a time, so getting started stops being the hard part.

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