Task Initiation Pack

For the gap between knowing and doing.

4 WORKSHEETS INSIDE

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   Rebuild the context and re-enter cheap
2. Make It Smaller
   The pocket halving ladder
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   Name the task, let presence do the rest
4. Workday Triage Sheet
   One anchor a day, chosen mechanically

Every sheet is fillable. Type into it in any PDF reader, or print it and write.

A worksheet, not a system. Half-filled counts.

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Task Restart Sheet

Re-entry is a form of starting. Make it cheap.

A worksheet, not a system. Half-filled counts.

1 Where I stopped

2 Already done *list it, it counts*

3 The next physical action

4 The first five minutes look like

A note left while warm saves a fortune when cold.

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Make It Smaller

Halve it until it stops feeling impossible. Then halve it again.

A worksheet, not a system. Half-filled counts.

1 The task

2 Half of it

3 A quarter of it

4 Feels-silly small

5 Reality check

- [ ] I could do the silly version right now
- [ ] There's still resistance — halve it again
- [ ] Doing it. Back in five.

> *The real first step never feels heavy. That's how you know you've found it.*

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Body Double Session Card

Name the task out loud, let the presence do the rest.

A worksheet, not a system. Half-filled counts.

1 Session time / with

2 The task I'm naming

3 First physical action

4 At the end I'll have

5 Setup

- [ ] Everything I need is within reach
- [ ] Phone in another room or silenced
- [ ] Re-entry note written if I stop mid-task

> *You said it out loud. There's a version of you on camera doing it. That's the trick.*

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Workday Triage Sheet

For when the task list makes you feel worse. Sort it, then start one thing.

A worksheet, not a system. Half-filled counts.

1 Everything on my mind right now *dump it, ugly is fine*

2 Now sort it

Explodes today	Loud but not urgent	Not today's problem

3 Tomorrow-me would be lighter if I did

4 The one I'm starting with, and its first physical action

> *One anchor a day. If the anchor gets done and nothing else does, the plan worked.*