

The five-minute start

For the task you keep putting off.

You do not need to finish the task. This page helps you find a small enough beginning.

01 Name the task

What is the thing you are avoiding? Keep it specific.

Example: Reply to Sam's email about Friday.

02 Find the friction

What is making starting difficult? Circle one: unclear / boring / too big / worry / low energy.

Make one adjustment: ask a question, remove a distraction, or get what you need.

03 Shrink the first action

Write a visible action you can do in two minutes or less.

Instead of 'sort my finances', try 'open the bank app'.

04 Make a start

Choose when and where. Set a five-minute timer if that helps.

When the timer ends, you may stop, continue, or choose a smaller step.

05 Notice what helped

What happened? What would make starting easier next time?

A small start counts. If you did not start, adjust the task rather than judging yourself.

Use this as a flexible planning prompt, not a test or a treatment.

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