

MOMENTS THAT CAN INTENSIFY

TASK PARALYSIS



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

A task feels too large

2

No obvious first step

3

**Too many competing
priorities**

4

Fear of doing it wrong

5

Low interest or urgency

6

Someone repeatedly asking

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER