

Check what motivation is hiding

Low motivation can reflect exhaustion, depression, overwhelm, unclear steps, fear, pain or a task that does not fit your needs.

The task I am avoiding...

The barrier is most likely...

What would make this 10% easier?

What need comes before the task?

Shrink the starting line

Turn the task into an action that takes under two minutes: open the document, put one item away, write one sentence, stand by the shower.

My two-minute start...

I will do it at ___ in/near ___.

Helpful support: timer / body double / music / checklist / reward / permission to stop.

Define enough

My minimum version of the task...

A useful stopping point...

How I will acknowledge starting, not just finishing...

If I still cannot begin, I will meet this need instead...

Persistent loss of motivation can deserve professional support; one person I could speak to is...
