14 DAYS · FOR WHEN YOU KNOW, BUT DON'T DO

The Start Anyway Plan

HARDER

You don't need more motivation. You need a smaller first step, a clear moment and a kinder voice.

THE THING I KEEP NOT DOING

WHY I'M NOT DOING IT (TICK ALL THAT FIT)

- ◯ It feels boring, scary or unpleasant
- ◯ I don't have a set time for it
- ◯ My phone or other things pull me away
- ◯ I start, but can't stay with it
- ◯ It's too big or unclear
- ◯ The reward is too far away
- ◯ I'm tired or overloaded

MY TINY FIRST STEP (2–5 MINUTES)

So small it feels almost silly: open the file, put on shoes, write one line

MY IF-THEN PLAN

If it's ___ (time/place), then I ___ (tiny first step)

PAIR IT WITH SOMETHING I ENJOY

Only while doing it: a podcast, a playlist, good coffee

WHO WORKS NEXT TO ME OR SEES MY PROOF

WHAT I'LL SAY TO MYSELF WHEN I DON'T START

Kind, not harsh: "OK. Next time, just the first step."

THE THREE RULES

1. Starting counts. Even 2 minutes.
2. Notice the feeling, then do the first step anyway.
3. Missed a day? Forgive yourself and start smaller.

Start Anyway Log

HARDER

Rate how you feel before (1–5) and after. Notice how often starting feels better than avoiding.

1	2	3	4	5	6	7
BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5
MINUTES	MINUTES	MINUTES	MINUTES	MINUTES	MINUTES	MINUTES
WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID
◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING

8	9	10	11	12	13	14
BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5	BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5	AFTER 1 2 3 4 5
MINUTES	MINUTES	MINUTES	MINUTES	MINUTES	MINUTES	MINUTES
WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID	WHAT I DID
◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING	◯ STARTED ◯ KEPT GOING

DAYS I STARTED / 14

WHAT HELPED MOST

WHAT I'LL TRY NEXT

This is not medical advice. If it feels much bigger than procrastination, talk to a doctor.