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

# 14 The Start Anyway Plan

*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.

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# Start Anyway Log

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

**1**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**2**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**3**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**4**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**5**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**6**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**7**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**8**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**9**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**10**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**11**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**12**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**13**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ STARTED
○ KEPT GOING

**14**
BEFORE 1 2 3 4 5
AFTER 1 2 3 4 5
MINUTES
WHAT I DID
○ 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.