

BREAKING IT DOWN

Chunking the Overwhelm

When a task feels too big, the ADHD brain treats it like a threat and shuts down. To start, we have to make the task so small it's no longer scary.

1. The Big Task (The Monster)

WRITE THE TASK EXACTLY AS IT APPEARS IN YOUR HEAD:

CLARIFY: WHAT DOES "DONE" ACTUALLY LOOK LIKE?

Example: "Email sent" or "12 slides drafted" - be specific.

2. Make It Smaller (Then Smaller Again)

BREAK THE TASK INTO STEPS SMALL ENOUGH TO FEEL "SAFE" (< 10 MINS EACH)

01.
02.
03.
04.
05.
06.

Rule: If a step still feels heavy, it is still too big. Break Step 1 into three smaller steps if you have to.

TURN OVER TO START THE ENGINE →

Lowering the Barrier

3. CHOOSE THE EASIEST POINT

Which step feels the least threatening to begin?

- S1 S2 S3
 S4 S5 S6

4. TIME CONTAINMENT

Set a timer. The goal is engagement, not completion.

- 5 MINS
 10 MINS
 JUST ONE STEP

5. Optional Dopamine Assist (Pick One)

 TEXT SOMEONE I'M STARTING

 FIND A BODY DOUBLE

 PUT ON FOCUS MUSIC

 REWARD AFTER 3 STEPS

6. AFTER YOU START

DID MOMENTUM BUILD? Yes A bit No (But I started)

NEXT TINY STEP FOR TOMORROW: _____

THE RULE OF 3 (EMERGENCY VERSION)

If everything still feels impossible: Write 3 tiny steps. Do just 1. Stop and reassess. Progress counts even if it's invisible.