R&Z; ADHD COACHING

Getting Started When I Keep Putting It Off

Sometimes knowing what to do is not the problem - starting it is. Rather than telling yourself to 'just do it', work out what is making the start difficult.

What am I putting off?

What is getting in the way?

[ ] I am not sure what I am meant to do
[ ] It is boring
[ ] I want it to be perfect
[ ] There are too many decisions
[ ] I keep getting distracted
[ ] It feels too big
[ ] I am worried I will get it wrong
[ ] I do not feel any urgency
[ ] I am tired
[ ] I need help or information first

Make the start smaller

What is the smallest thing I could do that would count as starting?

It could be as small as opening the document, finding the number, putting something where you can see it, writing the heading or sending one message.

Make it easier to begin

When am I going to try? _____ Where? _____

What can I get ready before I start?

[ ] Put my phone away
[ ] Set a short timer
[ ] Clear the space
[ ] Decide what 'good enough' looks like
[ ] Use headphones or music
[ ] Ask someone to sit with me
[ ] Ask someone to remind me
[ ] Give myself permission to stop

Once I have started, what do I want to do next?

[ ] Keep going if it feels OK
[ ] Make the next part smaller
[ ] Stop and decide when I will come back
[ ] Ask for help if I am still stuck

What helped me get started this time?

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