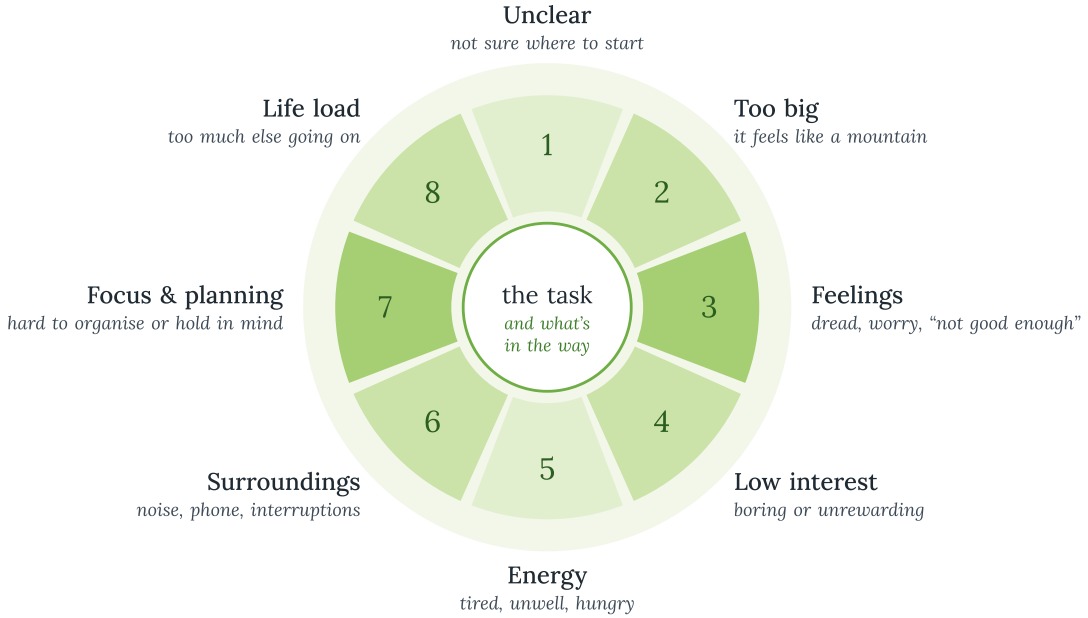
What Is Making This Hard?

PRACTICE · PROCRASTINATION AND EXECUTIVE FUNCTIONING

Finding what's really in the way, so you can respond to it

When a task keeps getting put off, it's easy to blame yourself. Usually something specific is getting in the way, and different barriers need different kinds of help. Naming the barrier is often the first useful step.



01 The task

one thing you keep putting off

The task I'm stuck on is... _____

02 Checking the barriers

how much is each one part of it?

BARRIER	IS THIS PART OF IT?			SOMETHING THAT MIGHT HELP	MY OWN IDEA
1 Unclear	○ no	○ a bit	○ a lot	*Write the very first physical action*	
2 Too big	○ no	○ a bit	○ a lot	*Shrink it to a five-minute piece*	
3 Feelings	○ no	○ a bit	○ a lot	*Name the feeling; lower the bar to "rough"*	
4 Low interest	○ no	○ a bit	○ a lot	*Pair it with something enjoyable*	
5 Energy	○ no	○ a bit	○ a lot	*Match the task to your energy, or rest first*	
6 Surroundings	○ no	○ a bit	○ a lot	*Change place, or remove one distraction*	
7 Focus & planning	○ no	○ a bit	○ a lot	*Use a list, timer or visible reminder*	
8 Life load	○ no	○ a bit	○ a lot	*Drop, delay or share something else*	

03 My next move

start with the biggest barrier

THE BIGGEST BARRIER
What's most in the way

_____

_____

ONE THING I'LL TRY
When, and how

_____

_____

TO TALK ABOUT
What I'd like to talk about

_____

_____

Not a character flaw. Putting things off is common, and often linked to how a task makes us feel. If many barriers show up across most tasks, it may be worth talking through; attention, mood, anxiety and sleep can all play a part.

SOURCES

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