

2-Minute Task Unstick Page

TODAY / DATE

Free task paralysis worksheet- a low-demand first step for when starting feels blocked.

- **Use this page as a first-step tool, not a full plan. Stop when it helps.**

What task is stuck?

Name the task, message, chore, decision, or next step that feels blocked.

1. What is making this hard to start?

Check anything that fits. More than one can be true.

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|---|---|
| ☐ Too many steps | ☐ Don't know where to start |
| ☐ Sensory overload | ☐ Fear of doing it wrong |
| ☐ Too tired / low energy | ☐ Task feels too big |
| ☐ Avoiding a feeling | ☐ Need help or body doubling |

2. Lower one barrier

Choose one way to reduce the demand before trying to start.

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|---|--|---|
| ☐ Change light / sound | ☐ Get water / snack | ☐ Clear one surface |
| ☐ Put on headphones | ☐ Open only one tab | ☐ Move the task somewhere easier |
| ☐ Ask for the first step | | |

3. Choose one 2-minute move

Pick the smallest visible action - not the whole task.

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|---|--|--|---|
| ☐ Open the page | ☐ Write the title | ☐ Gather one item | ☐ Set a 2-minute timer |
| ☐ Put one thing away | ☐ Send a draft | ☐ Read the first sentence | |

4. Pick a safe stopping point

Starting counts. Choose where you are allowed to stop without turning this into the whole project.

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| ☐ 2 minutes | ☐ One line | ☐ One item gathered |
| ☐ After asking for help | ☐ First step only | ☐ Good-enough start |

- **One tiny start is still progress.**

For more low-demand support, the full Neurodivergent Daily Reset System includes more stuck-task pages, shutdown re-entry, routine resets, reset cards, and support tags.