

Low-Demand Study Reset



A neurodivergent student support tool for getting unstuck without making the task bigger.

Use this when: studying, reading, writing, revision, email, or admin feels too big to start.

Aim for one workable next step - not a perfect plan, full routine, or full catch-up session.

1. What is hard right now?

Check any that fit. No explaining required.

- | | |
|-----------------------------------|--|
| ☐ Starting | ☐ Too many steps |
| ☐ Reading | ☐ Writing |
| ☐ Focus | ☐ Energy / stress |

2. Pick one tiny next step

Choose one tiny doable step.

- | | |
|--|--|
| ☐ Open the file | ☐ Read one paragraph |
| ☐ Write 3 rough bullets | ☐ Make a messy list |
| ☐ Email one question | ☐ Set a 10-minute timer |

3. Add one support

Make the environment easier before you try to push harder.

- | | |
|--------------------------------------|---|
| ☐ Timer | ☐ Music / white noise |
| ☐ Headphones | ☐ Drink / snack |
| ☐ Body double | ☐ Movement break first |
| ☐ Lower light | ☐ Phone away / app block |

4. Make the task smaller

Today, I only need to:

The support I will use is:

5. Decide the stop point before you start

A defined finish line reduces the pressure to keep fixing, perfecting, or catching up forever.

Good enough today is:

I can stop when:

If I get stuck, I will:

Reset sentence I am allowed to do the smallest useful version of this task.

This page can be reused for one study session, one email, one reading task, or one admin task.

After 10 minutes

Check one. This is data, not a grade.

- | | | | |
|------------------------------------|--|--|---|
| ☐ I started | ☐ I need a smaller step | ☐ I need a break or support | ☐ I am done enough |
|------------------------------------|--|--|---|

One useful thing I learned about what helps me:
