

✓ Week 01 - Task Paralysis

✓ Week 02 - The Boom-Bust Trap

Week 03 - Environment Design

Week 04 - Coming Soon

WEEK 03 - EXERCISE SERIES

# BUILD THE OBVIOUS PATH

*Or: How to stop relying on willpower and start relying on  
your furniture.*



## FROM WEEK 01

You have a start sequence now. Two steps, hands in the right place, and you're moving. Keep it in your back pocket - it's still the engine.



## FROM WEEK 02

You practiced setting a ceiling and stopping on time. Three short workouts beats one heroic one. That principle doesn't go away - it becomes the container

Weeks 01 and 02 worked on what happens *inside* you when you try to exercise — the stuck brain, the boom-bust impulse. This week we work on something you can actually see and touch: **your environment.**

The ADHD brain is unusually sensitive to friction. A small obstacle — shoes in the closet, playlist not queued, gym bag buried under laundry — can silently veto a workout before you're even aware a decision was made. This week's assignment isn't about discipline. **It's about designing your space so that starting is the path of least resistance, not the hard choice.**

## THE INVISIBLE TAX

Every small decision between you and the workout — where are my shoes, what music, how long, which exercises — costs cognitive energy your ADHD brain doesn't have to spare at the moment it matters most. Neuroscientists call this **decision fatigue**. You can call it "the reason I ended up on the couch again."

This week you will eliminate as many of those micro-decisions as possible *before* you need to make them. You

set the table the night before so morning-you has nothing to figure out.

DESIGN

#### WHAT THIS ACTUALLY CHANGES

WITHOUT ENVIRONMENT DESIGN	WITH ENVIRONMENT DESIGN
<ul style="list-style-type: none"><li>✗ Shoes in the closet. Five steps away.</li><li>✗ No playlist. Spend 4 minutes choosing songs and quit.</li><li>✗ Workout clothes in the dryer. Maybe.</li><li>✗ No clear space to move. Need to move the coffee table.</li><li>✗ Phone nearby. Full notifications on.</li><li>✗ No plan. Stand there deciding what to do.</li></ul>	<ul style="list-style-type: none"><li>✓ Shoes by the door. Zero decisions.</li><li>✓ One playlist, already saved, already named "Go."</li><li>✓ Clothes folded on top of the hamper last night.</li><li>✓ Space already clear. You did it yesterday.</li><li>✓ Phone on Do Not Disturb. Timer already set.</li><li>✓ One movement written on a sticky note. You just start it.</li></ul>

#### YOUR SETUP TASKS – DONE ONCE, TONIGHT

##### GEAR STATION

**Put your workout clothes and shoes somewhere**



### **visible right now.**

Not in the closet. Not in a drawer. On the floor next to where you wake up, on the bathroom counter, on the couch — somewhere you will see them before you have your first cup of coffee. *Visible means real to the ADHD brain. Hidden means forgotten.*



#### THE "GO" PLAYLIST

### **Create one playlist tonight. Name it "Go." Put your phone on it before you sleep.**

Ten to fifteen songs that make your body want to move. No genres are disqualified. The only criterion is that when you hear the first note, something in you shifts slightly upward. Choosing music *during* a workout is a trap. Do it now, once, forever.



#### THE MOVEMENT ZONE

### **Clear six feet of floor space in your workout area before you go to bed.**

If you work out at the gym, skip this one — your environment is already set. If you work out at home, the space needs to be ready before you need it. Moving the coffee table *is* a decision that can kill momentum. Remove it as a variable tonight.



#### THE ONE-MOVE NOTE

### **Write one exercise on a sticky note and put it where you'll start your workout.**

Not a full plan. One movement: "squats," "walk," "pushups," "bike." That's your starting point. When you show up and your brain is blank, the note tells you what to do. *You don't negotiate with the note. You just start the thing on the note.*

#### THE PHONE PROTOCOL

### **Set a Do Not Disturb schedule on your phone for your workout window — right now.**



Every notification is a fork in the road your ADHD brain doesn't need during a workout. DND is not antisocial — it's a 12-minute boundary you're allowed to have. Most phones let you schedule it automatically so you never have to remember.

#### YOUR STEPS ON WORKOUT DAY

# 1

#### THE SCAN

### **Before anything else: look at your gear. It's already out.**

You set this up last night. The clothes are visible. The shoes are there. This is your environment doing its job — lowering the activation cost before your brain has to spend a single calorie on a decision. Notice it. Let that moment of "oh, right" do its work.

👁️ Eyes on the gear. One hand picks up the first piece of clothing.

🕒 10 seconds

# 2

#### THE TRIGGER

### **Press play on "Go" before you're dressed. Let the music lead.**

Don't wait until you feel ready. Press play first. The

music is a behavioral anchor — your brain will begin to associate those first few notes with movement. Over time, the playlist alone starts to shift your state. *That's the point. You're building a reflex, not relying on motivation.*

👉 Thumb to the playlist. One tap. Put the phone down and finish getting dressed to the music.

🕒 30 seconds

3

THE NOTE

### **Read the sticky note. Start that movement. No negotiating.**

The note says squats. You do squats. The note says walk. You walk. You wrote this note when you were calm and thinking clearly — that version of you made a good decision. Don't let tired, pre-workout you override it. *Past-you was right. Trust past-you.*

👉 From Week 01: hands wherever that movement requires. You already know this.

🕒 immediate

4


THE CEILING

### **Run your Week 02 timer. Same rules apply.**

Set the ceiling before you begin — you practiced this last week. Nothing has changed here. The environment you

designed gets you to the starting line. The timer gets you off it cleanly. These two systems work together now.

👉 Set the timer with one thumb. Screen face-up. Then hands to the movement.

 10-20 min

## 5

THE RESET — TONIGHT

### **Spend three minutes resetting your environment for tomorrow.**

After the workout: clothes back out, shoes back in position, space cleared again, note flipped to tomorrow's movement. This three-minute reset is the most important habit in the whole series. It's the reason next-day-you doesn't have to rely on motivation. *You are leaving a gift for a future version of yourself who is going to need it.*

👉 Both hands moving. Set one thing out at a time. Clothes first, then shoes, then note.

 3 minutes

*Willpower is a resource that runs out. Your environment does not get tired. Every shoe left by the door, every playlist already queued, every sticky note in the right spot is a small act of self-respect — a message*

*from you to you that says: I planned for this because I know I'm worth showing up for. That is not a small thing.*

– Brian Jaeger, MA, CRC, LMHC



### **This week's reflection (bring it to session)**

Which setup task made the biggest difference – and which one did you skip? Both answers tell us something useful. Also: did the playlist do anything for you, or did it feel forced?



### **The week's target, simply stated**

Do the five setup tasks tonight. Then use the environment you built for three workouts this week. Three-minute reset after each one.

The goal isn't perfect execution. It's noticing what friction disappeared – and what friction remained.



### **If the setup felt like too much**

Pick one setup task – just one – and do only that. Shoes by the door is enough to start with. A single removed

obstacle is still an obstacle removed. Bring the rest to session and we'll sort out what got in the way.

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Private client resource – please do not share