

TASK INITIATION

Task initiation or "getting started" is a foundational executive functioning skill. By definition, it refers to the ability to begin a project in an efficient and timely manner, without procrastination

WHAT WE SAY

- I am just too busy
- I don't want to
- I don't have any motivation
- I don't have the energy
- I'll do it tomorrow
- I have plenty of time

WHAT WE MIGHT MEAN

- I am ashamed that I haven't done it yet
- I'm afraid of something
- I need more information
- It feels too big/overwhelming
- It all feels important
- I need support
- It's boring

TRY THESE INSTEAD



Tell someone: Call someone who you trust and say, "I am feeling ashamed that I haven't done _____ yet, would you mind talking me through it?"

Break it down: If your list has words like: do, figure out, start, finish, research, clean, ect. then the task is likely not clear and specific enough to be effective

Ask for help: Could you sit with me while I _____, could I call you after I finish _____, I need to create accountability, Would you please get this dish rag out of the sink, I can't stand touching slimy.

Make it sparkly: turn your favorite rerun on in the background, do boring tasks at your favorite coffee shop/book store/park, or gamify it with point and/or timers

Name the barrier: I'm afraid that I won't finish, it's going to take too long, I'm going to have to pay too much, it won't be perfect