

Make the First Step Smaller

Attention planning and follow through | Adults and teens 13+ | 10 to 15 minutes

Reduce one avoided task to a clear and manageable starting action.

A task can feel impossible when it contains many unnamed decisions. Choose something you want or need to begin. You are designing the entrance to the task, not promising to complete the whole thing immediately.

Find the actual starting point

"Clean the room" might begin with bringing one bag to the doorway. "Apply for a job" might begin with opening the saved posting. Write an action that you could recognize on a video, rather than an instruction to try harder.

Make it possible today

Identify what the step requires: materials, information, a quieter location, assistance, or enough energy. Choose a short practice window and a stopping point. The window should fit your capacity; it is not a competition.

Test and adjust

Try the first step during the session if feasible. Notice the exact point where you get stuck. A missing password, unclear instruction, pain, fear, or exhaustion needs a different response from a vague task. Adjust the plan based on what happened.

The task I am trying to begin

The smallest visible starting action

What I need and the practice window I choose

What happened and the next adjustment