

Find the Barrier Before the Fix

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

Identify why one task is stuck before choosing a strategy.

When a task is not moving, many explanations are possible. The step may be unclear, the resources may be missing, or the task may bring up difficult feelings. This page helps you choose a response that fits the barrier.

Locate the sticking point

Describe the exact moment progress stops. Ask whether you know what to do, have what you need, can do it in the current setting, and have enough capacity today. Several barriers can exist together.

Match the support

Unclear instructions may need an example. Missing resources may need practical help. Overload may need a smaller task or reduced demands. Fear may need discussion and a supported practice plan. No single productivity trick fits every barrier.

Test one response

Choose one change and define what would count as useful progress. Example: ask for a worked example and complete the first item. If it does not help, reassess the explanation rather than concluding that you are unwilling or incapable.

The task and the point where it stops

The barrier I suspect and what supports that guess

One matching support or change to test

What I will observe and when I will review it