



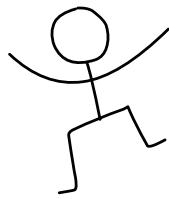
01. Task initiation means getting started - going from “thinking about it” to “doing it”.

Someone may know what needs to be done, but their brain can't quite click into action to take the first step.

It's not a motivation problem, it's an activation problem.



02.



This can look like:

- Knowing it's time for school, but not getting ready.
- Saying “in a minute”...
- Doing other less important things instead.
- Having great ideas, but finding it hard to make them happen.

03.



This can feel really frustrating for the person, not just for the people around them!

Helpful tips:

- Make the first step tiny.
- Use prompts (e.g., alarm) and routines.
- Aim for “good enough”, not perfect.

04.





01. Shrink the first step.

Try breaking the task down into the tiniest possible first step.

For example:

- “Open laptop” not “Write essay”
- “Put shoes on” not “Go for a run”

Once you begin, momentum follows...



02.



Use external prompts.

Use things to kickstart your brain. For example:

- Set a timer for 3 mins (“Just do the thing until the timer rings”)
- Use body doubling (work alongside someone else)
- Play music to bring up your energy levels

03.



Reduce expectations.

Aim for ‘good enough’, not perfect, when starting out.

Offer support (“I know it’s hard, let’s start together”).

Use routines.

Routines tell your brain “it’s time to start”. Like, a snack then homework, or outside play then bath time. Over time, these help switch the brain into action mode.

04.

