

The Task Launcher Worksheet

This page helps you walk yourself through starting one real task—even (especially) if you’ve been avoiding it. Use it whenever you feel stuck and want to move forward *gently and intentionally*.

Step 1: Choose Your Task

What’s one task you’ve been avoiding—but still want to do?

Step 2: Break It Into Micro-Moves

What’s the *absolute smallest* starting action you can take right now?

(Example: “Open the document” or “Pick up the laundry basket”)

Optional: Keep going if it feels good. If not, pause.

Step 3: Reduce the Pressure

What's *not required* for today?

(e.g., perfection, completion, doing it all in one sitting)

What would “starting with kindness” look like?

What can you tell yourself instead of “I should have done this already”?

(Example: “I’m starting now—and that’s enough.”)

Step 4: After You Try

Did you take a step—even a micro-step?

Yes

No, and that’s okay

What helped—or got in the way?

Do you want to keep going, rest, or try again later?

What's one thing you can appreciate about yourself right now?
