The tiny finish line

Deadline Sprinter

Pick a real task you have been delaying. Define an action you can see, such as writing three rough sentences. Give that small start its own appointment.

The task I want to move forward

A tiny finish line I can reach in one short block

My first visible action

When and where I will try it

Example: At 10:00 at my desk, I will open the application and write three rough sentences. After ten minutes, I will decide whether to continue, simplify, or pause.

The full toolkit includes five printable and fillable worksheets.

Personal use. General education. A habit description, not a diagnosis.

This is a free sample, not the complete toolkit.