

# ADHD Task Initiation Worksheet

Start one real task by naming the problem, choosing a smaller entry move, and leaving a restart cue.

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## What's the problem right now?

Choose the sentence closest to your real situation. You do not need to explain it perfectly before you begin.

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|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>I cannot work out the first step.</b>                         | <input type="checkbox"/> <b>I know what to do, but I cannot make myself begin.</b>   |
| <input type="checkbox"/> <b>I need information, setup, or an item before I can start.</b> | <input type="checkbox"/> <b>I lost my place and do not know where to restart.</b>    |
| <input type="checkbox"/> <b>I need someone alongside me to get started.</b>               | <input type="checkbox"/> <b>I keep switching to other tasks instead of this one.</b> |
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## Write only enough to begin

My two-minute action is:

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The first round is done when:

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If I stop, the next visible move is:

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