

Spark Action On A Daunting Task

Get a realistic idea of what exactly has to be done, and then consciously take the pressure off yourself.

What is the daunting task I'm having trouble initiating?

Where might this fear come from?

Break that task into 3 main steps:	Now, how can you break down any of those steps into even more manageable pieces?
1	
2	
3	

Give yourself permission to complete only the **very first two steps** in the right column. You **only** have to do those two steps toward the goal right now.

Now that you have a realistic idea of what has to be done and you've *started* your daunting task, it will be much easier to either

- continue to complete the task, or
- willingly pick it back up after a little break.