

The Thing You Keep Circling

Take one task you have been avoiding and find the first move you could actually make.

WHEN TO USE THIS

Use this when one job has been on your list long enough to weigh on you.

Name it. What is the thing, and roughly how long has it been waiting?

What happens in you when you think about doing it?

Bored, sick, angry, blank. Whatever is true.

What are you actually dreading? The task, or something that comes after it?

A phone call, a number, someone's reaction.

What is the first move that takes under two minutes? Write it exactly.

Open the drawer. Find the number. Nothing more.

Avoiding something usually means it matters. That is worth being gentle about.