**A PAUSE, A PRACTICE, A NEXT STEP**

# Make a Task Smaller

Find the first step your brain can see.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Describe enough for today**

Choose a limited finish line, such as clearing one chair rather than the whole room.

## 01 / Notice and reflect

What is the first physical action?

## 02 / Notice and reflect

What information or help am I missing?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support when getting started regularly disrupts daily life. ADHD, depression, sleep problems, and other concerns can need assessment and treatment.

Read more: NIMH · ADHD: organizing and breaking down tasks

More tools and immediate support: Our Healing Room / Crisis Support.



U.S. crisis support: call or text 988. In immediate danger, call 911.