



BREAK THE CYCLE OF AVOIDANCE

This sheet helps you take immediate action on tasks you've been avoiding.

- 1** Identify five tasks you've been avoiding.
- 2** Apply the 'touch it once' rule to each task.
- 3** Act on it, answer it, or delete it.
- 4** Reflect on how taking action reduces mental load.
- 5** Plan a daily time to tackle small tasks.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Avoidance costs more than action. Start small today.