

What's blocking start?

You already know what needs doing. Find which of the three blocks you are actually in, take the one move out of it, and write the step down.

ROUTE A

I only know the end result.

Work backwards from finished.

- Picture the thing fully done.
- Ask what would happen right before that. Then right before that.
- Stop at the first thing you could do in the next minute.

The first step I found:

ROUTE B

I have two or three ideas and haven't picked one.

Pick the one that is ten percent easier.

- The choosing is the block, not the task.
- Any reasonable first move works. Do it in the next five minutes.
- The step after it will show itself.

The one I'm picking:

ROUTE C

I know the step. I just haven't done it.

Five-minute timer. Now.

- No more planning is needed — the step already exists.
- Set the timer and start before it ends.
- Doing that one known step is the whole task today.

The step I already knew:

SO THE FIRST MOVE IS

I will...

At this time...

One named step, written down, beats a plan you keep re-making in your head.