

Keep It Small

One way to keep it small (and keep going!) is to break your next task down into tiny doable steps. It can make a huge difference when you're feeling blocked and overwhelmed.

What is the next task you'd like to work on?

Break it down! What subtasks does this task consist of? Think tiny steps. There often are more steps than you think!

Can you do one of those tasks? What is the next step?

Be pleased (even if it feels impossibly slow) and repeat!