Section 7

This page is for you, and you can skip it if you like. You can fill it in yourself, or tell a grown-up what to write.

Name _____ **Date** _____

My job

A job I usually put off:

_____

What would be better for me once it's started:

_____

My steps

1. I pick a job I usually put off.
2. I name the smallest first step, small enough to start right away.
3. I start that step within a minute or two of being asked.
4. I finish that first step.
5. If I want to, I can do the next small step, but I already did the practice when I started.

Then we check. Did I start my smallest first step within a minute or two?

If my grown-up reminds me once, it can still be Yes. If I need two or more reminders, or I start late, it is Almost.

If I don't start, we can make the step smaller, and if that doesn't work, we try again tomorrow. A day with no try is skipped. A day we both circle Not yet is skipped too.

When starting gets easy, I can pick a little bigger first step.

When my grown-up and I circle the same Yes or Almost three practice days in a row, I start checking on my own.

Name _____ Date _____

My check

Day 1. My first step: _____

Did I start my smallest first step within a minute or two?

○ Yes ○ Almost ○ Not yet

Day 2. My first step: _____

Did I start my smallest first step within a minute or two?

○ Yes ○ Almost ○ Not yet

Day 3. My first step: _____

Did I start my smallest first step within a minute or two?

○ Yes ○ Almost ○ Not yet

Day 4. My first step: _____

Did I start my smallest first step within a minute or two?

○ Yes ○ Almost ○ Not yet

Day 5. My first step: _____

Did I start my smallest first step within a minute or two?

○ Yes ○ Almost ○ Not yet

☐ **All done**