# The five-minute start

A way to get started on a task you keep putting off.

When something feels too big, commit to less. Agree to do it for five minutes. You are not agreeing to finish it.

1. **Pick one task.** Just one.
2. **Decide the very first physical action.** Not "sort the kitchen". "Put the cups in the sink."
3. **Set a timer for five minutes.**
4. **Start.** Do only that task until the timer goes.
5. **Then choose.** Stop, with no guilt. Or carry on for another five.

## Why it works

- Starting is the hardest part. Once you are moving, continuing takes far less effort.
- Five minutes is too small for your mind to argue with.
- Stopping after five minutes still counts. You did what you said you would.

| Task | First action | Did I start? | Did I carry on? | How I felt afterwards |
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*On the worst days, make it two minutes.*

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