

THE FREE LIBRARY

CATALOGUE NO.

E2

STUCK? PICK ONE

a card for when you can't start

Five ways back in when a task just won't start.

FROM

our working sessions

FORMAT

3 pages • one card, fill in or print

BORROWED BY

you

DUE BACK

*never. it's yours.***FREE***any one
counts.*

**neuro
made.**
studio

SHRINK

TIMER

MOVE

Creatively wired. Intentionally made.

Stuck? Pick one.

Five ways back in when you can't start. Any one of them counts.

THE THING I'M STUCK ON

1

Shrink it

Make the next step so small it's almost silly. 'Open the document' counts.

☐

PICK

2

Set a timer

Ten minutes, then you're allowed to stop. If you keep going, great. If not, you started.

☐

PICK

3

Move

Another room, another chair, the kitchen bench. Take the task somewhere new.

☐

PICK

4

Start at the easy end

Do the part you already know how to do. The hard part is easier to reach from halfway.

☐

PICK

5

Say it out loud

Tell someone, or a voice note, exactly what you're about to do in one sentence. Then do that sentence.

☐

PICK

STILL STUCK? PARK IT ON PURPOSE

WHERE I GOT TO

THE NEXT STEP, WHEN I COME BACK

Want the whole thing?

This card is a tiny piece of the Study & Focus Space, which tracks what actually gets you going.

NM.06

Study & Focus Space

48 pages for logging focus sessions, rating how they went and noticing what triggers good focus.

- Sessions, By Focus Rating, Focus Triggers and Weekly Review sections
- Fillable and print & write editions, plus a two-page Quick Start
- Also made as a Notion template

SEE THE PDF WORKBOOK

SEE THE NOTION TEMPLATE

MORE FREE THINGS

New pages, checklists and prompt packs go up in the Free Library as we make them.

neuromadestudio.shop/free

*made for brains that
do things their own way.*

SHARING

Print it, fill it in, use it as often as you like. If a friend would like it too, send them the link rather than the file, and please don't resell or re-upload it.



Creatively wired. Intentionally made.