

TAMING TASK INERTIA

1. Identify the preferred and non-preferred tasks.

- YEAH Task (the thing you want to do):
- NAH Task (the thing you need to do):

2. Delay and step away.

Delay the decision. Brainstorm options for stopping the Yeah. (Put down phone, use restroom, set screen limit timer, etc.)

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3a. Draw a map

What is the physical location of your “yeah” task? Your “nah” task? What is the route between them?

3. Add detours

What are some short “meh” tasks you can add along the way?

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4. Micro-commit

What is the smallest possible version of your Nah task you can commit to? 2-minutes or less.

5. Reflect

- On a scale of 1–10, how much resistance did you feel when attempting to transition, and at which specific step on the bridge did you feel the most stuck?
- Did your chosen tiny task (e.g., micro-commitment) feel small enough to start without resistance, or did it still feel too close to a 'Nah!' task?
- How did your environment help or hinder your bridge tasks
- Looking back at the outcome, what is one bridge step you should tweak, swap out, or break into an even smaller piece for your next transition?

Examples

- [Workout Bridge](#)
- [Homework Bridge](#)

Questions?

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