WORKSHEET **My Stuck List**

Write down up to eight tasks you know how to do but haven't started. For each one, note how long it has been waiting and rate how you feel about it from 0 (no big deal) to 10 (I can't even look at it). Then circle the one task you'll carry through this book.

Task I keep putting off	Waiting for how long?	Dread score	Area of life

Areas of life: email and messages / home and chores / paperwork and bills / calls and appointments / work projects / taking care of myself.

☐ I circled the task I'll carry through this book.
☐ I noticed which area of life shows up most often.
☐ I noticed which task has the highest dread score.

The area where I get stuck most: _____

The task I chose to carry with me: _____

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