WORKSHEET **My Dread Map**

Pick three tasks from your Stuck List in Chapter 1. For each one, write the feeling at the starting line, how strong it is from 0 to 10 and the smallest step that would bring it down.

Task	Main feeling	Strength (0–10)	Smallest first step

Tick the feelings that show up most often for you:

- ☐ Bored
- ☐ Scared or worried
- ☐ Confused, not sure where to begin
- ☐ Pressure to do it perfectly
- ☐ Guilty because it has waited so long
- ☐ Overwhelmed by the size of it

After I did the smallest first step, the feeling was: _____ out of 10

What I noticed about the feeling once I started: _____

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