

## ADHD &amp; EXECUTIVE FUNCTION

# From Stuck to Started: A Toolbox for ADHD Task Initiation.

*Five reasons you get stuck — and the specific tool that unlocks each one.*

The average adult with ADHD loses two productive hours per day to task initiation failure. This isn't laziness — it's a neurological barrier. The right tool for the right type of stuck can unlock you in minutes.

## 2hrs

The average adult with ADHD loses two productive hours per day to task initiation failure. This isn't laziness — it's a neurological barrier that specific tools can overcome.

### 5 REASONS YOU GET STUCK — AND THE TOOL THAT UNLOCKS EACH ONE

**Overwhelm:** The task feels too big. Tool: Shrink it to the smallest possible first action. "Open the document." Not "write the report."

**Boredom:** The task isn't interesting enough to activate. Tool: Add novelty — new location, music, body double, timer challenge.

**Anxiety:** Fear of doing it wrong is blocking you. Tool: Decide the task only needs to be "good enough." Lower the bar intentionally.

**Decision paralysis:** You can't decide where to start. Tool: Use a random selector or flip a coin. Any start is better than none.

**Transition difficulty:** You're stuck between tasks. Tool: Use a 2-minute transition ritual — stand up, drink water, write the next task on paper.

### PRACTICAL TOOLS — WHAT ACTUALLY HELPS

## 1

#### The 2-Minute Rule

If it takes less than 2 minutes, do it now.  
Clears the mental queue.

## 2

#### Activation Ritual

Create a consistent pre-work ritual that signals "work time" to your brain.

## 3

#### Body Double

Work alongside someone. The social presence activates the brain's initiation system.

## 4

#### Pomodoro Technique

25 minutes on, 5 minutes off. The timer creates urgency and the break creates reward.

## 5

#### Written First Step

Write the first physical action on a sticky note and put it where you'll see it.

## 6

#### Compassionate Restart

When you've been stuck for a while, don't add shame. Just restart gently.

*"ADHD coaching that works with your brain, not against it."*

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