



One Task, One Small Step

Starting is the hard part. Pick one task, write the smallest possible first step and set a short timer.

Brain dump (everything swirling around)

THE ONE TASK I WILL DO NOW

The smallest first step (under two minutes)

Timer: 5 / 10 / 15 / 25 minutes

I will start at

Then I will reward myself with

AFTER THE TIMER

☐ I started

☐ I kept going a bit longer

☐ I need a different first step

☐ I will come back at:



Free iPhone app: Now: ADHD Task Starter

Clear your head, choose what matters and begin with a short, visible timer. Built for anyone who finds starting hard, including many people with ADHD. Free, no account.

A productivity aid, not medical or mental health advice.