

Ready... Set... Do 2 Minutes

Sometimes the best way to get yourself to start a task is to start small. **Very Small.**

Use the chart below to list activities or assignments that you need to complete but struggle to get started on. Decide on a 2 minute task that will be a good way to start the activity and then decide when you will do the two minute task and, finally, list when the whole activity will need to be completed.

Activity/ Assignment Title	2 Min Task Description	When I'll Do the 2 Min Task	Activity Completion Date

