Task Starter Cards

Knot Alone

Twelve cards that shrink a task until starting it stops being a wall. Cut along the dashed lines, keep them where you work. Pick one, do only that, then you are allowed to stop.

SHRINK IT

Do the first two minutes

Not the task. The first physical action: open the file, write a bad title.

MAKE IT UGLY

Write the worst version

You cannot edit a blank page. You can edit rubbish.

SAY IT OUT LOUD

Narrate the first step

“I am opening the laptop now.” Out loud. It works and nobody knows why.

BORROW URGENCY

Set a 15-minute timer

Importance does not start you. Urgency does. Manufacture it.

BODY DOUBLE

Do it near someone

In person or on a call, doing their own thing. Presence is the tool.

LOWER THE BAR

Aim for a bad job

A bad done thing beats a perfect undone one, every single time.

ONE DECISION

Pre-decide when and where

“When I sit with coffee at 9, I write the subject line.”

REVERSE IT

Do the last step first

Write the sign-off. Name the file. Enter the end, then work back.

REMOVE ONE STEP

Delete a friction point

Find the login, the missing file, the question you have to ask. Clear that first.

CHANGE THE ROOM

Move your body somewhere else

A new room gives your brain a new context to load. Use it.

FINISH-CUE

Decide what "done" is

Undefined tasks cannot be started, only worried about.

PERMISSION

You may do it badly, late, and in pyjamas

The task does not know what you were wearing.

Educational use only. Print, cut, share — classroom and group use welcome.