

Getting Started

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Sarah here. We hope that you enjoyed last week's blog about emphasizing progress over perfection. This week, we're talking about something many people can relate to- the struggle to just get started on a task.



Often, when we need to do something, the biggest hurdle we face is getting started. Problems with task initiation can appear when we care about a goal, when we're facing a large project, and/or when it's something very important to us. But this isn't always the case. In fact, we often struggle to get started because we don't care about a task, don't see the value in a project, and/or are dreading it.

Difficulties with task initiation aren't always about intentional procrastination. Sure, sometimes we deliberately put off doing something. But other times, we just may not know *how* to get started. Some tasks can be overwhelming, which makes it hard to know where to begin. We may also doubt whether we'll be able to finish or accomplish something, which may prevent us from starting.



So, what can you do when you're having a hard time with task initiation? If you're facing a large project and you're not sure where to start, it may be useful to map things out. Break down the project into doable steps that can be accomplished relatively quickly. This reduces overwhelm and gives you a sense of momentum. Just remember that in order to make subtasks easily attainable, you will likely have a relatively long To Do list for your project.

If you're focused on how difficult it will be to get from start to finish, remind yourself that progress is progress- no matter how small. Focus on the step you're on rather than on the eventual goal. If you keep taking small steps, eventually you will get where you're going. Tying into last week's blog, reinforce yourself for your effort, rather than the outcome. That will give you a boost to keep going.

When you appreciate how difficult getting started can be, it may be a bit easier to feel self-compassion when you notice yourself stalling. And remember that passing that initial roadblock—just getting started—can be a huge relief. So be sure to celebrate when you set things in motion, even if you still have more to do.

