UNSTICK MENU

When you know what to do but can't start, pick one thing from the menu.
Any one counts.

Name: _____

Date: _____

1 Which block is in the way?

- ☐ Too big or vague
- ☐ Not interesting yet
- ☐ Feels risky
- ☐ Switching is hard
- ☐ Too tired

2 Pick from the menu

- ☐ **Shrink it**
  Find a first step so small it feels silly.
- ☐ **Add a person**
  Work alongside someone, in person or on a call.
- ☐ **Add a spark**
  Race a timer or put on a playlist.
- ☐ **Lower the bar**
  Aim for a messy first draft.
- ☐ **Use a cue**
  Stand up, get water, or play your “start” song.
- ☐ **Move**
  A short walk or a stretch to shift gears.
- ☐ **Change the place**
  Kitchen table, library, café, different room.
- ☐ **Plan the stop**
  Decide when you'll stop before you start.

3 My stuck task

The task: _____

My tiny first step: _____

I'll start at: _____ **with help from:** _____

4 After

What got me moving?

_____

_____

What will I try first next time?

_____

_____

© 2026 Andrea Antal · Free for personal and classroom use · Not for resale