Nine skills, one page.

Everything from this month's workbooks, gathered for the moment you just need a quick reminder of what to try.

01 External Cues

Reminders and visual signals that catch attention before a task slips away.

e.g. a phone alarm labeled with the task, not just a time

02 Body Doubling

Working alongside another person, in the same room or on a call, while you each do your own task.

e.g. start a video call and both work quietly, cameras on

03 Task Chunking

Breaking one large, blurry task into pieces small enough to start without finding all your energy at once.

e.g. "clean the kitchen" becomes "clear the counter"

04 Templates & Checklists

Removing decisions so you can just follow steps instead of re-deciding every time.

e.g. a packing list you reuse instead of rebuilding

05 Environment Design

Shaping your space so the easy choice is the right one.

e.g. shoes by the door on the nights you plan to run

06 Responsive Scaffolding

Letting your support flex with today's capacity instead of staying fixed all month.

e.g. move a reminder somewhere louder on hard days

07 Borrow the Shape, Not the Steps

Copying the mechanism under someone else's system, not their exact format.

e.g. keep "weekly review," drop the app that came with it

08 Weekly Reset

Five minutes reviewing what worked and what to let go of, so next week starts from real data.

e.g. circle one energy level per day, Monday through Sunday

09 Behavioral Activation

Acting in a small enough way that it doesn't require motivation first - the feeling follows the action.

e.g. open the document and read only the first line

Pick whichever skill matches today's barrier. You don't need all nine at once - that was never the point.