



# Feel-Good Friday

**Have you been stuck imagining a task as too big or too difficult to start?** Try one of these small steps:

- Define your task or goal in writing somewhere you will often see it.
- In writing, divide your task into 5-10 steps.
- Imagine all the benefits of the completed task to motivate you to find a starting point.
- Set a timer and spend 15 minutes right now doing a little piece of the task.
- Reserve 30 minutes in your calendar within the next 7 days to work on the task and set up a reminder for that time.
- Ask for help from someone who is skilled in the task you want to accomplish.
- If supplies are needed, gather necessary items into one box, bin, or file folder and place it somewhere easy to access whenever you have a few unscheduled minutes.
- Pair your task with something you enjoy, such as listening to music.
- Request that a friend or family member check-in with you every week about your progress toward your goal.

## Small Step Challenge

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)