Season 1 | Episode 6: Action Triggers & Overcoming Executive Freeze

Aguided companionforreducingmentalload,breakingthroughtaskparalysis,andhelping your brain find immediate momentum.

TOOL #1 | BUILD A "LAUNCH PAD"

Stop relying purely on motivation and create a physical launch pad instead. Reduce the number of decisions your brain has to make ahead of time to save vital executive energy.

- **Set up tomorrow's first task** the night before.
- **Place your running shoes by the door** if you want to run tomorrow morning.
- **Place your medication beside your water bottle** if you have difficulty remembering your doses.

In essence, you want to make it significantly easier for your brain's internal CEO to get started.

YOUR REFLECTION:

TOOL #2 | BORROW YOUR PREFRONTAL CORTEX

When your brain feels completely overwhelmed, forcing yourself to think harder will not work. Instead, simplify things by priority rather than looking at the entire giant picture all at once. Ask yourself this single question:

> ***"What would Future Me thank me for doing in the next five minutes?"***

Focus strictly on the next five minutes—not tomorrow, and not next week. The next right step is always more than enough to break things down into a manageable size and get the CEO back online.

YOUR REFLECTION:

Pause. Notice. Reflect.

Clear Path Psychotherapy | 1418 Stittsville Main Street, Ottawa, ON, K2S 1V7| (343) 321-1430 | clearpathpsychotherapy.online

TOOL #3 | THE THREE-MINUTE RESET

The next time you feel completely stuck, try this quick three-minute grounding sequence to create momentum and build baseline confidence:

1. **Plant both feet** firmly on the floor.
2. **Take one slow breath** in for four counts and exhale completely for six counts.
3. **Look around the room** and name five separate things you can see.
4. **Roll your shoulders** backwards and intentionally unclench your jaw.
5. **Now ask:** ***"What is one tiny action I can take?"*** Not the whole project, just the absolute next micro-step.

YOUR REFLECTION:

Pause. Notice. Reflect.

Clear Path Psychotherapy | 1418 Stittsville Main Street, Ottawa, ON, K2S 1V7| (343) 321-1430 | clearpathpsychotherapy.online