



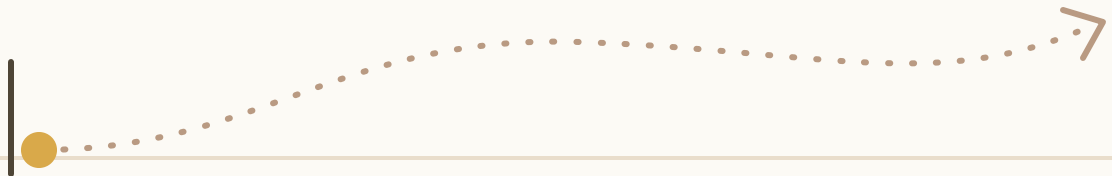
MINDFUL
CONNECTIONS
Therapy

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FREE GUIDE · FOR ADULTS WITH ADHD

Stuck at the Starting Line

5 simple tools for getting started
when your brain says “not yet.”



INSIDE THIS GUIDE

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- + Where to get more support

A space to heal, learn and grow.

5 ways to get started

Trouble starting isn't laziness. ADHD can make the brain's "on switch" harder to find, especially when a task feels vague, big or boring. These tools give it a better on-ramp.

TIP 01

The 2-Minute Doorway

Best for: "I don't know where to start"

Starting is the hardest part. Shrink the first step until it feels almost too easy to skip, then just walk through that door.

Try it: Instead of "clean the kitchen," try "put three dishes in the sink." You can stop after. Often you won't.

TIP 02

Verb + Object

Best for: vague, foggy tasks

Vague tasks give your brain nothing to grab. Rewrite each one as a physical action you can picture yourself doing.

Try it: "Taxes" becomes "search my email for my T4." "Plan trip" becomes "open a map and pick two dates."

TIP 03

Body Doubling

Best for: tasks you avoid alone

Having someone nearby, in person or on video, can make it easier to begin and stay put. They don't need to help. They just need to be there.

Try it: Text a friend: "30-minute boring-task call? Cameras on, mics off." Or join an online focus room.

TIP 04

Timer Sprints

Best for: big or boring tasks

A task with no end feels endless. A visible timer gives it edges, and permission to stop when it rings.

Try it: Set 10 minutes. Work only until the timer goes. Then choose: stop, or go one more round.

TIP 05

The Ugly First Draft

Best for: "it has to be perfect"

Perfectionism often hides behind procrastination. Aim for a rough version first. You can improve something that exists.

Try it: Give yourself permission for a C-minus version. Name the file "rough draft." Bullet points count.

Tried the tips and still feel stuck? You don't have to figure it out alone.

We help adults with ADHD understand how their mind works and build strategies that fit real life. Not sure? Start with a free 15-minute call.

BOOK ONLINE

mindfulconnectionstherapy.janeapp.com

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WHERE

North York, and online across Ontario

This guide is general education. It isn't a diagnosis or a substitute for individual care. If you're in crisis, call or text 9-8-8 or go to your nearest emergency department.