



On your mark, get set, go...

Do you have trouble getting started on a job or assignment you really don't want to do? If so, you've got lots of company. Many people have trouble getting started — especially on tasks they fear, worry about or even dread. Yet starting's really the only way to finish!

Tips for starting

Many people have tips and tricks for getting started. Here are some common ones:

1. Avoid over-thinking the task because that often increases procrastination.
2. Consider how your actions could help yourself or other people.
3. Start the day by doing the hardest — or least appealing — thing on your to-do list.
4. Visualize how your life — or your desk or home — will look after you've finished the task.
5. Plan a reward you can give yourself when you're done.

What motivates you?

Learn what motivates you and get one step closer to overcoming the struggle of getting started. Typical motivators may include:

- Getting recognized and appreciated
- Feeling proud of yourself
- Knowing you've helped yourself or someone else
- Feeling like you're a good team member
- Rewarding yourself
- Being relieved when the hardest part is over
- Knowing you did it

Which of these motivators speak to you? Figure out which work best to get you “out of the starting gate” and enjoy less stress when it's time to begin!

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.