

TOOL #1: THE 2-MINUTE BRIDGE

HOW TO USE IT STEP BY STEP:

Step 1

Set a timer for 2 minutes

- Use your phone, kitchen timer, etc.

Step 2

Tell yourself: "I only have to do this for 2 minutes, then I can stop."

- "I only have to do this for 2 minutes, then I can stop."

Step 3

Start the timer and do the first micro-step of the task

- E.g., wash one dish, write one sentence, fold one shirt

Step 4

When the timer goes off, stop

- Seriously - honor the deal you made with yourself

Step 5

Self-check: Keep going?

- If yes, great! If no, you still did 2 minutes-worth. That counts as progress



Example in Action

You've been avoiding doing the dishes for 2 hours. Set a timer for 2 minutes. Wash exactly 3 dishes. Timer goes off. You can stop now—but chances are, you'll keep going because the "start" was the hard part. Even if you stop, you washed 3 dishes, which is 3 more than zero.

What The 2-Minute Bridge Does

It tricks your brain into starting a task by committing to just 2 minutes, which bypasses the "I can't make myself start" paralysis.

When to Use The 2-Minute Bridge:

Use this when you know exactly what you need to do but your body won't move toward it. You're stuck on the couch, staring at the task, feeling frozen.

