

WB 2.13 — Task Activation & Strengths

Use with Chapter 13 (School and Work Scenarios) in the manual, Chapter 12 in *Shoulder the Bill*.

Purpose Action creates readiness, not the other way around. This page turns an avoided task into a small bounded action, checks it is the highest-impact one, and sets up the conditions for flow — using your strengths as the way in.

How to use this page

When: Use when you are stuck or avoiding. Rewrite the task small enough to start in ten minutes.

Done when: You have a bounded first action, one obstacle removed, and a timer set.

Worked example

Avoided task: 'write the report.' Rewritten: 'draft the first heading only.'

Obstacle removed: closed every other tab before starting.

Strength used: curiosity — I framed it as a question to answer.

Anchor Phrase: *'Begin before you feel ready. Readiness follows action.'*

Protocol: 1. Shrink the task. 2. Pareto-check. 3. Remove one obstacle. 4. Timer 10 min. 5. Start.

Loop stage: Narrow → Act

The task I am avoiding, rewritten as a specific, bounded action:

Pareto check — is this the highest-impact task right now? ☐ Yes ☐ No

One obstacle I will remove before starting:

My top three character strengths (what energises me, not just what I am good at):

How I can bring one strength into today's highest-impact task:

Flow conditions: ☐ Clear goal ☐ One task only ☐ Distractions removed ☐ Next step visible

☐ Self-Reward Loop completed