Worksheet 1 of 4

Your if-then plans

Based on Gollwitzer and Sheeran (2006). Write three plans for your avoided task. Each one needs a specific trigger you will actually meet (a time, a place, or something that already happens every day) and a specific first action that takes under two minutes. Read them aloud each morning.

Good versus vague

Vague: "I will work on my report this week."
Good: "When I sit down at my desk after lunch, I will open the report and write one sentence of the introduction."

Good, for a slip: "If I notice I have opened social media while working, I will close it and set a five-minute timer for the task."

Plan 1

When (trigger)

I will (first action, under two minutes)

Plan 2

When (trigger)

I will (first action, under two minutes)

Plan 3

When (trigger)

I will (first action, under two minutes)

One slip plan

If I notice I am avoiding by

Then I will