EXERCISE: Plan Your First Body Doubling Session

Plan one focused session with external support

Task I need to work on: _____

Body doubling method (in-person / virtual): _____

Day and time: _____

Who will be my body double / which platform: _____

After the session, reflect:

How did it feel compared to working alone?

Did I get more done? ☐ Yes ☐ No

Will I use body doubling again? ☐ Yes ☐ No

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Tip: The goal is support, not productivity perfection.