

# EXERCISE: Try the 5-Minute Rule

Commit to just 5 minutes. You may stop when the timer ends.

**The task I'm avoiding:**

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Start a 5-minute timer and begin.

**After the timer ends:**

Did I keep working after 5 minutes?  Yes  No

If yes, how long did I continue? \_\_\_\_\_

If no, that's okay - I still did 5 minutes.

Yes

[ No

Will I try another 5-minute session later?

Yes

No

Reminder: The rule only works if you truly allow yourself to stop.

Notes / observations:

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