

## Strategies for Task Initiation: **START**

<b>S</b> elf-Check	Did you read the directions? Do you need to ask for help? Do you have the supplies that you need to begin?
<b>T</b> ime Yourself	You can do anything for 5 minutes! Set a timer and start for a short amount of time. You may even want to keep going after you start!
<b>A</b> ctivate	Move your body so it's in action (pick up the pencil, open the book, start typing).
<b>R</b> eward	Give yourself a mini-reward for starting (a piece of gum, your favorite song, a snack, a stretch break).
<b>T</b> ough or Easy	Choose if you want to start with the hardest part or the easiest part first.

1. What strategy are you most likely to use?

---

2. When would you use this?

---

3. What specific type of assignment would this help you with?

---

4. How will this strategy help?

Saves me time

Reduces stress

Helps me know how to start

Easy for me to remember

Helps me avoid procrastinating

It is fun!