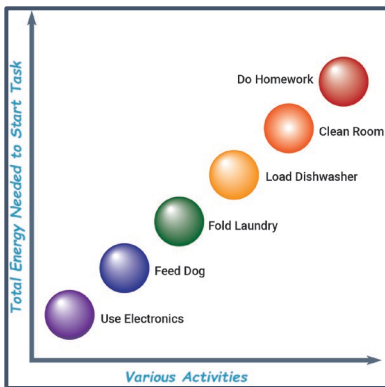
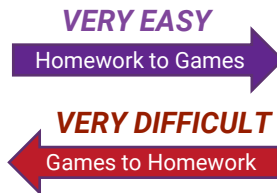
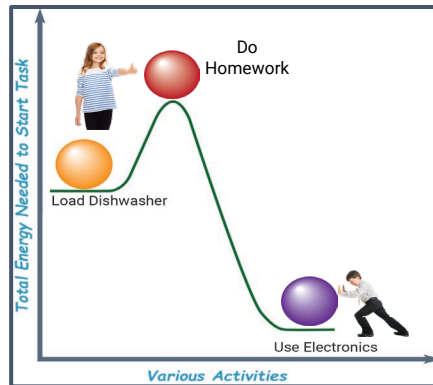


Task Initiation Energy

- Each task/process has its own Initiation Energy
- Dependent upon
 - Sense of reward
 - Predictability
 - Sense of control
 - Comfort with new task
- Different for each person

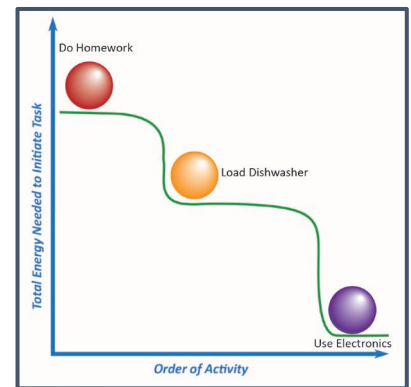


Task Initiation Energy is Related to Transition Energy



Sequencing of Transitions by Initiation Energy Required

- Rewarding
- Predictable
- Calm and Controlled



Ranking Responsibilities and Activities by Initiation Energy Required

1. Brainstorm a list of ways you spend your time. Preferred activities and tasks you are expected to complete.
2. Rank each item from the HARDEST for you to start to the EASIEST to start
3. Avoid engaging in hyper focusing activities before doing activities in top third of the list.

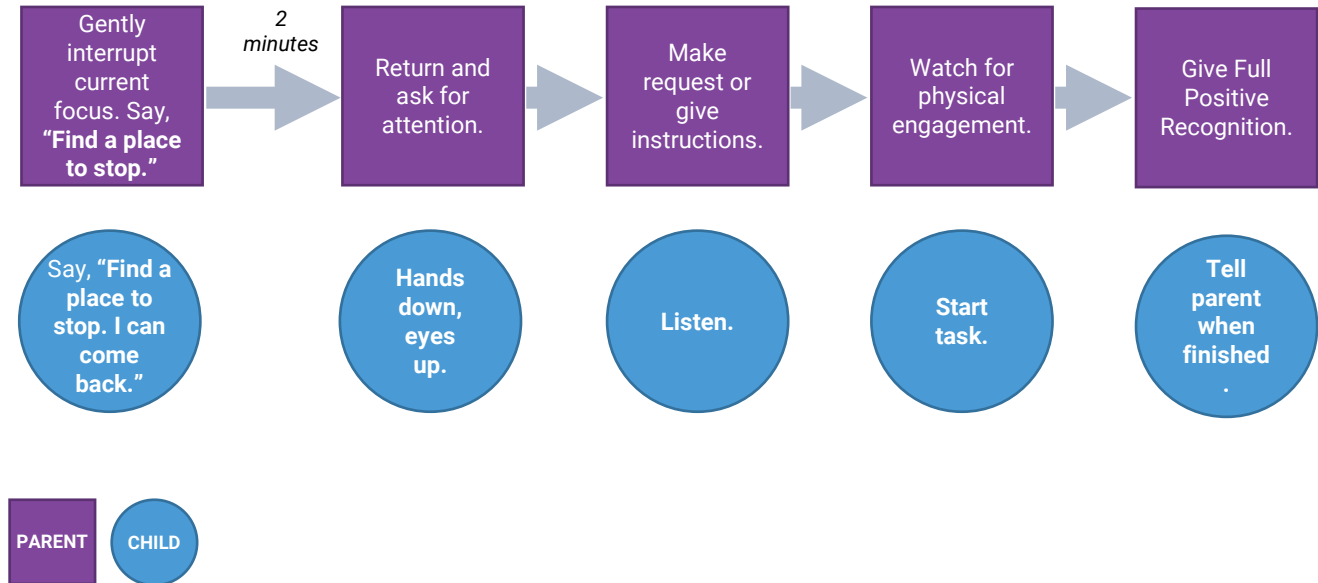
EXAMPLE:

- Play video games
- Play basketball with friends
- Load/unload dishwasher
- Fold laundry
- Clean bedroom
- Feed dog
- Take out trash
- Homework
- Practice piano

- | | | |
|-------------------------|------------------------------|---|
| <i>Hardest to start</i> | Homework | } |
| | Clean bedroom | |
| | Load/unload dishwasher | |
| | Fold laundry | |
| | Feed dog | |
| | Practice piano | |
| | Take out trash | |
| | Play basketball with friends | } |
| <i>Easiest to start</i> | Play video games | |

Don't do these before these

Transitioning children from preferred to non-preferred activities (example: child needs to stop video games to take a bath)



Adolescents and adults self-starting non-preferred activities (example: start laundry)

1. Do not make the decision about starting a non-preferred activity from a place of comfort.

This is especially important if currently involved in a hyper focusing or preferred activity.



2. Go to the location of the first step of the non-preferred activity.



3. Stand in this location and attempt to start the step of the non-preferred activity for at least 5 minutes.

This will allow your brain time to transition.



4. If unable to start, take a 5-minute break and start again at Step 2.

DO NOT START ANOTHER ACTIVITY!