

Trick Your Brain to Do Hard Things

PART 1: WHAT ARE YOU AVOIDING?

One Hard Task I Am Avoiding

(Example: studying maths, homework, waking up early, exercise)

My hard task is:

PART 2: CATCH THE CULPRIT (BELIEF)

What thought stops you from starting?

Tick ✓ or write your own.

- I am bad at this
- This subject is too difficult
- I will fail anyway
- I don't feel like doing it
- Other: _____

My main belief is:

“I believe that _____”

PART 3: TURN ON THE EMPOWERMENT SWITCH

Choose ONE empowering belief

Tick ✓ one or write your own.

- If someone can learn it, I can learn it too
- I don't need to be perfect to start
- I can improve with practice
- I am capable of learning new things

My empowering belief:

“I believe that _____”

PART 4: BEHOLD THE WHY

Why is this task important for you?

Tick ✓ all that apply.

- Better marks
- More confidence
- Less stress later
- My future goals
- Making parents proud
- Other: _____

My strongest reason (WHY):

PART 5: POWER OF NEGATIVE THINKING (THE RIGHT WAY)

What will happen if I DON'T do this?

Think about the future.

- My problem will increase
- I will feel more stressed
- My confidence will reduce
- My future options will reduce

One clear

consequence: _____

PART 6: BRAIN HACKS (ACTION TOOLS)

Tick ✓ ANY THREE strategies you will use

- Study with a buddy / friend
- Break the task into small steps
- Give myself a small reward after finishing
- Say: "I will try even if I fail"
- Get ready first (dress up / open book / sit at desk)
- Stop worrying about results, enjoy the process
- Watch videos / read about this subject
- Change my words: "I like doing this"
- If-Then plan

My 3 chosen strategies:

PART 7: IF-THEN PLAN (THINK LIKE A LEADER)

Complete the sentence:

**If I feel lazy or resistant,
then I will _____.**

PART 8: TODAY'S COMMITMENT

One small action I will do TODAY

(Only 10–20 minutes)

Time I will do it: _____

REMEMBER

You don't need willpower.

You need the right strategy.

Small actions done daily create big success.