

WHICH CARD WHEN

Your Quick-Start Companion to The Focused Self

You don't have to figure it out. Find the moment you're in, pull one of these cards, and try one small step. That's it.

"I CAN'T GET STARTED"

Frozen. Blank. Staring at the task and unable to begin.



- 2-Minute Quickstart
- Chunk & Cheer
- One Page Plan
- Plan Backwards
- Body Double Boost

"I'M SPIRALING"

Racing thoughts. Anxious. Can't get my brain to slow down.



- Focus Reset Breath
- Grounding 5-4-3-2-1
- Calm Corner
- Name It to Tame It
- Stop the Spiral

"I'M RUNNING ON EMPTY"

Drained. Foggy. Have nothing left to give.



- Fuel Your Brain
- Mini-Escape
- Move Every Hour
- Sunlight & Screens
- Micro-Reward Menu

"I NEED TO COMMUNICATE OR PUSH BACK"

Hard conversation. Boundary needed. ADHD to explain.



- Explain ADHD in 10 Seconds
- Boundary Scripts
- Feedback Frame
- Pause Before React
- Delegation Flow

"I'M OVERWHELMED BY EVERYTHING"

Too much to do. Mental clutter. No idea where to start.



- Brain Dump Map
- Sticky 3
- Urgent vs. Important
- One-Touch Rule
- Folder Flow

"I'M AVOIDING THE HARD THING"

I know what I should do. I just can't make myself do it.



- STOP Tool
- Future You
- Fire-Smoke-Spark
- Timer Play
- Gamify It

"I'M BEATING MYSELF UP"

Shame spiral. "Why can't I just..." Self-criticism on loop.



- Reframe Lens
- Color Me Calm
- Gratitude Quick 3
- Inspiration Quote
- Oops → Adjust

"I WANT TO END THE DAY RIGHT"

The day was a lot. Want to close it kindly and reset for tomorrow.



- What Worked Today?
- Wins Log
- Gratitude Quick 3
- ADHD Sleep Reset
- Wild Idea Card

STILL NOT SURE? PULL ANY CARD. THE DECK WORKS BEST WHEN YOU TAKE ANY SMALL STEP – NOT THE "RIGHT" ONE. THAT'S THE WHOLE POINT.

