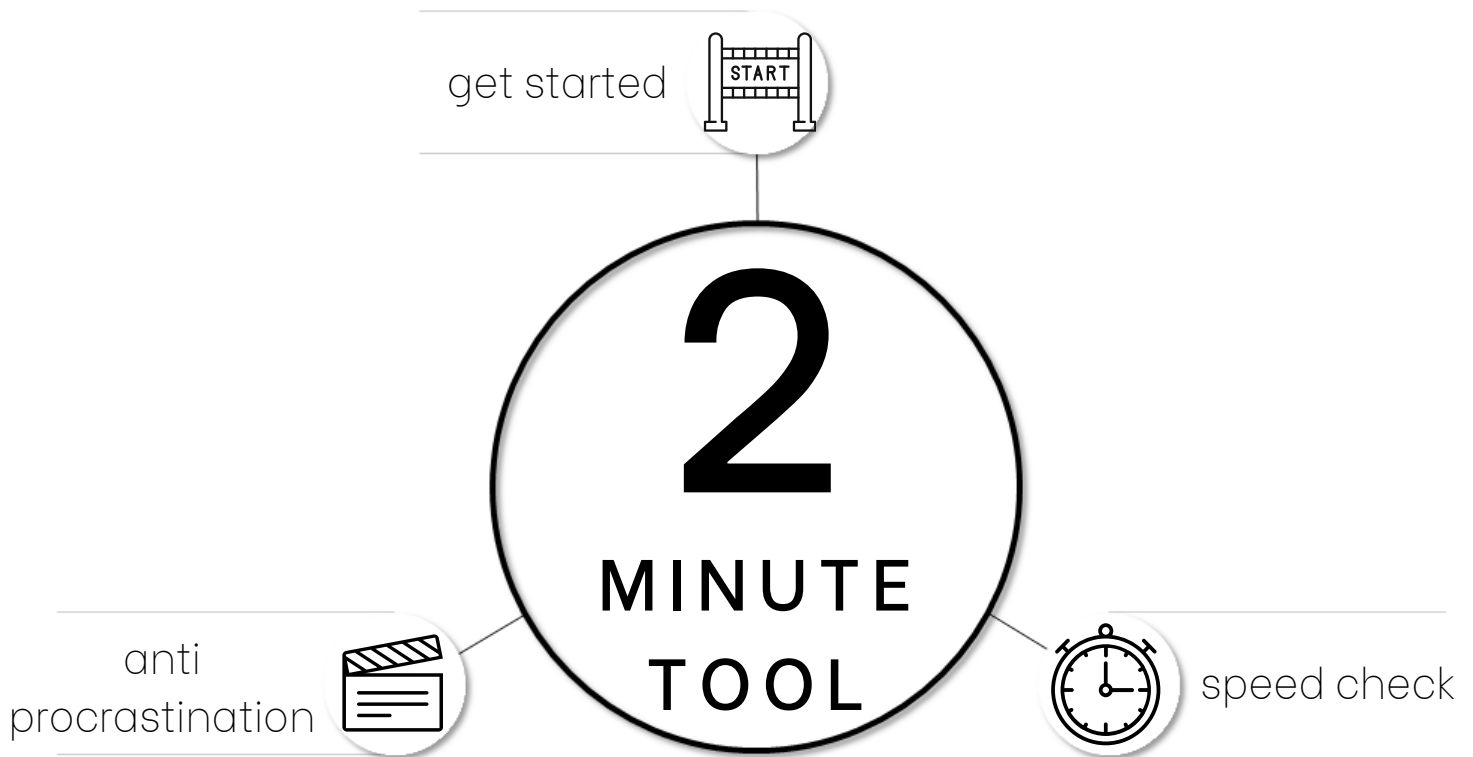# 2-Minute Tool

The 2-minute tool is a technique that I use to do stuff like:

- start a new habit
- finish a quick task
- face procrastination (a.k.a., anti-procratination)

get started

2 MINUTE TOOL

anti procrastination

speed check

How the Process Works

The rules are pretty straight forward. Pick one of the following:

- something that you have been putting off (decluttering digital pictures)
- a habit you want to start (exercising)
- something that you could do quickly and finish (folding towels)

Spend just 2 minutes doing it. You can do anything for 2 minutes!!

Ideas for the 2-Minute Tool

BUSINESS/CAREER

- [ ] EMAIL
- [ ] DIGITAL FILES
- [ ] LINKEDIN PROFILE
- [ ]
- [ ]
- [ ]

MIND/BODY

- [ ] MEDITATION
- [ ] JOURNAL
- [ ] WALK
- [ ]
- [ ]
- [ ]

HOUSEHOLD

- [ ] DECLUTTER
- [ ] FOLD LAUNDRY
- [ ] PAY A BILL
- [ ]
- [ ]
- [ ]

LEARNING

- [ ] READ 1 PAGE
- [ ] WRITE 2 SENTENCES
- [ ]
- [ ]
- [ ]
- [ ]

GOALS

- [ ] VISION BOARD
- [ ] BRAINSTORM
- [ ] PLAN
- [ ]
- [ ]
- [ ]

OTHER

- [ ]
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- [ ]
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- [ ]
- [ ]

Final Notes

Many things in life take much longer than 2 minute. That's okay. This process will help you get **started** and is very doable and repeatable! Frequency and consistency for the win!

Need more ideas? Visit www.nicolesoer.com/2minutes.