



Companion Planting Sheet

For the task you know how to do and still can't start.

Gardeners don't put everything in its own empty row. Some things only take when they go in beside something already established. Starting works the same way, so **stop planting the hard thing in bare ground**. Fill this in once and keep it where you'll see it.

1 What's already growing Things that happen in your week without you deciding. Not goals.

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2 What I keep not starting Say the steps out loud. Mark the one where you go "wait, how do I."

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3 What I'm planting it beside Not scheduling it. Not shrinking it. Choosing what it grows next to.

I'm planting _____ beside _____

I'm planting _____ beside _____

I'm planting _____ beside _____

4 When nothing's growing yet Three small things you can finish, under five minutes total. Then open the hard one.

QUICK WIN

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QUICK WIN

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QUICK WIN

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The task never gets smaller. It stays exactly as big as it was. All you're changing is what comes right before it, so you never have to begin from a standing stop.

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