|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **How did you feel about the task before you began?** | **How long did you actually spend on the task?** | **Was the five-minute rule helpful in getting started?** | **How did you feel after working on the task for at least five minutes?** |
| *Researching preschools for my son.* | *Overwhelmed by the amount of work; anxious about making the right choice* | *Fifteen minutes* | *Yes, knowing I could quit after five minutes took some of the pressure off.* | *I felt relieved and optimistic. I got organized and identified a couple schools to call.* |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |