

The WIN ERA Task Tool

T	Task Name	
W	What do you Want?	
I	Why is this task Important?	
N	What Nudges are / could be in place?	
E	How can you make the task Easier?	
R	What is your Reward?	
A	Who are you Accountable to?	
D	What Distractions can you eliminate and how?	

The WIN ERA Task Tool

T	Task Name	Tidy up the bedroom
W	What do you Want?	A nice tidy bedroom and the feeling of accomplishment
I	Why is this task Important?	It will help me feel better, look forward to bedtime more, help me get to bed at a reasonable time and aid my sleep which in turn will help me function better tomorrow. Improves hygiene
N	What Nudges are / could be in place?	Night before - open washing machine door. Take pillow down to breakfast. Set an Alexa reminder. Close bedroom door.
E	How can you make the task Easier?	Make a list. (Externalise) Keep cleaning stuff together. Keep vacuum cleaner charged/accessible. Stick on some enjoyable music / podcast. Speak mini tasks out loud. Pomodoro technique. Visualisation
R	What is your Reward?	A good nights sleep, little treat. Nice lunch. Feeling of accomplishment. Mini rewards throughout. Pomodoro reward. 5 mins on mobile
A	Who are you Accountable to?	Spouse, partner, child, parent, boss, co-worker, friend, coach, therapist, online buddy
D	What Distractions can you eliminate and how?	Put phone on do not disturb, put phone downstairs. Turn off doorbell