What problem/project/step feels MOST overwhelming right this moment? Why does it feel this way?

For this problem/project/step, what are the next 1 or 2 simple steps that I can take, right now, without knowing any more than I do right now?

How will I stop myself overthinking the next 10 steps while I focus on these 1 or 2 steps?

Note: thinking in bites of 1 or 2 steps at a time IS enough. Your brain will tell you that you need to know MORE (which is why you are overwhelmed!) - it is okay to tell your brain that you will figure out those steps when it is time to figure them out and not before!