



Stop Procrastinating And Get it Done!

11. If you do want to complete it, what's getting in the way? Eg don't know where to start, what happens after this, what if I succeed, what if I don't?
.....
12. Time to stop and review. What have you learned from the previous questions? And what has changed?
.....
13. Sometimes getting started is the issue.
What is the very first small thing you can do to get started?
- i.
by when
14. What is the next thing?
- ii.
by when
15. What is the next thing?
- iii.
by when
16. In your heart, you know the answer to this question: What will motivate you to get started?
.....

These are the things you COULD do. What will you **CHOOSE to do?**

3 things to help you get the task a) Started or b) Done! Review your brainstorming above or pick another action entirely to **complete your task faster, more enjoyably and/or give yourself a reward.**

Action 1 _____ Action 2 _____ Action 3 _____

Give a score out of 10 for how likely you feel NOW that you'll complete this task? ____ / 10

If you score 8 or more, Great! You're good to go. If your score is less than 8, ask "What would secretly make the difference? What could make my score a 10?"

I am committed to completing this task by _____ Date _____ Signed _____