

SESSION 1: SEE IT

WORKBOOK

You are 21 Days away from your Procrastination Breakthrough.

DISCOVER YOUR PROCRASTINATION BLOCK

YOUR PROCRASTINATION BREAKTHROUGH DASHBOARD

**THINK ABOUT YOUR PROCRASTINATION BLOCK & WHAT YOU'VE DISCOVERED FROM YOUR
TIME AUDIT THIS WEEK AND ANSWER THE FOLLOWING 5 QUESTIONS:**

- When does it show up?

- What immediate thought do you have about it?

- Who will not doing the task affect?

- How does it make you feel emotionally?

- Why do you think you think/feel X about it?

7 Day Time Audit

Use the table to keep track of your time for the next 7 days, in 30 minute increments.

PRINT or handwrite what you did during the times, or create a simple colour coding system for your activities, grouping them under headings like sleep, work, social media, hobbies, family time, relationship time, self care. Giving each activity a different colour.

Equally you might want to do a combination of both, whatever you do keep it simple, have fun and remember the data you're collecting will change your life, it's your time.

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WHAT DID YOU DISCOVER?

[illegible]

PROCRASTINATION QUIZ

NOTES

What came up for you when you got your results of the test compared to what you realised from the training?

[illegible]

It's Your Time

You are 21 Days away from your Procrastination Breakthrough and now
you have your motivation to keep going, no matter what!

Any questions email: orders@successbydesigntraining.com