

SESSION 2: FACE IT

WORKBOOK

You are 21 Days away from your Procrastination Breakthrough.

7 COSTS OF PROCRASTINATION

What comes up for you when you hear the description about these types in the training?



01 THE TIME COST

Weekly tasks that take longer than necessary. Work delivered with mistakes because it was rushed. Fun things you don't have time for, and people you don't get to see because you're too busy.



02 THE FINANCIAL COST

Unclaimed income, missed chances, opportunities left on the table. Stalled progress in your career or business, momentum not built, projects not started, chances not taken.



03 THE ENERGY COST

What staying stuck actually takes from you. Energy spent managing avoidance instead of doing the work, and effort spent looking busy instead of finishing. Mental energy lost to rumination and distraction that only deepens overwhelm and comparison.



04 THE RELATIONAL COST

What people notice and stop trusting you with, or stop asking you about. The conversations, connection and experiences you no longer get to have. The memories you don't build. The romantic connections you miss out on.



05 THE OPPORTUNITY COST

Doors that closed simply because you waited too long to decide. People who sense you're not serious and stop asking you about things you could do with your eyes closed. Chances and experiences that don't come round twice.



06 THE REPUTATIONAL COST

The reputation, respect and working relationships you've worked hard to build with your peers and network. The things you no longer get asked about, considered for, or invited to.



07 THE PERSONAL COST

Years spent doing everything for everyone else, and not moving your own dreams or goals forward. Annoyance, sadness and disappointment about unfulfilled potential. Knowing you'd have succeeded if only you'd started, and still not starting.

[illegible]

What comes up for you when you hear the description about these types in the training?

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10 LIMITING BELIEFS

What comes up for you when you hear the description about these types in the training?

- 01 I don't feel ready to start
- 02 I don't have enough time
- 03 I don't have enough money
- 04 I don't have the right qualifications
- 05 I'm too old for this, it's too late
- 06 I'm too young for this, it's too soon
- 07 What if I fail & people laugh at me
- 08 What if I succeed & people resent me
- 09 Things don't work out well for people like me
- 10 It's not the right time, I'll try again later

[illegible]

10 LIMITING BELIEFS

What comes up for you when you hear the description about these types in the training?

[illegible]

10 LIMITING BELIEFS

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[illegible]

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]

COST OF YOUR PROCRASTINATION BLOCK

YOUR PROCRASTINATION BREAKTHROUGH DASHBOARD

THINK ABOUT YOUR PROCRASTINATION BLOCK & WHAT YOU'VE DISCOVERED FROM YOUR TIME AUDIT AND THIS WEEK'S TRAINING 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?

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