

SESSION 3: CHANGE IT

WORKBOOK

You are 21 Days away from your Procrastination Breakthrough.

REVIEWING YOUR LIFE AUDIT

WHAT'S GOING ON IN YOUR LIFE RIGHT NOW?

Let's go a little deeper on 4 key areas of your life, what's changed since Session 0?

How would you rate your feelings about the below on a scale of 1-10?

(one being deeply unhappy, and 10 being exceedingly happy)

Use the space to get more specific:

- Your work life? Score /10

- Your personal life? Score /10

- Your mental health? Score /10

- Your happiness? Score /10

REVISITING YOUR DREAM

WHAT DO YOU WANT ON THE OTHER SIDE OF YOUR PROCRASTINATION BLOCK?

What do you want?

Use this Visualisation Exercise will help you connect with the life and person you are becoming (you'll find it in the Session 0 training)

Set an alarm for 8 minutes, write down everything that comes to mind right now on the next few pages (use more paper if needed).

8 Questions to help...

1. What is future you doing (actions taken)?
2. What does life look like (describe your surroundings)?
3. What does life feel like (physical sensations)?
4. What does life smell like (scent or atmosphere)?
5. What does life taste like (flavour profile)?
6. What are you prepared to let go of (delete from your life)?
7. What does having it mean to you (core value from achieving)?
8. What new things can you see yourself trying (experiencing)?

DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

Continued...



TIME AUDIT

WHAT ELSE DID YOU DISCOVER THIS WEEK FROM TRACKING YOUR
TIME FOR LONGER?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Your Agreement

Read and sign this agreement with yourself.

Your word is your bond: Integrity, doing what you say you will do.

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I am no longer waiting to feel ready. I am becoming my own proof.

For years, I told myself I'd start "when." Today is that day!

Today, I choose who I'm becoming over fear.

I am: _____

I want this because: _____

(real reason, not the social media one)

I am committing from: _____ to _____

(Days 15 to 21 and beyond)

I will keep myself accountable to: _____

I commit to taking one brave action step every single day.

Becoming the proof my old procrastination block is no longer needed.

By Day 21 I'll be on the otherside of my Procrastination block.

It's my time.

Signed: _____

Date: _____

NOTES

Use this page to write a letter to yourself about your commitment to take action steps.

[illegible]

BREAKING THROUGH 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:

- What are you committing to doing?

- When are you starting this new thing?

- Why do you want to do it?

BREAKING THROUGH 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:**

- How does it feel emotionally?

- Who can keep you accountable?

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