

Beat Procrastination Worksheet

The Big Thing I'm Avoiding:

Write it down. Naming the monster shrinks it.

Break It Down:

List 3-5 steps that help you move forward. Break down what you actually need to do.

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The 2-Minute Start:

Pick one tiny step you can start right now.

Remember: "If I start for 2 minutes, I'll probably keep going."

Use a Progress Tracker

Track your progress as you work through your all of steps.

- ☐ I started Step 1.
- ☐ I completed Step 1.
- ☐ I celebrated it (important).

Momentum beats motivation — every time.