

The procrastination list.

What have you been procrastinating about in your life, relationships or career?

- STEP 1** List the tasks, actions or projects.
- STEP 2** List how long you have been putting them off.
- STEP 3** Write down the 3 emotions you will experience when you have completed this task.
- STEP 4** List which task, action or project you are going to do first, then the second task and so on.

TASKS / ACTIONS / PROJECTS	HOW LONG?	EMOTIONAL CONNECTION	YOUR PRIORITY