The procrastination list.

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

 STEP 1 STEP 2 STEP 3
List the tasks, actions or projects. List how long you have been putting them off. 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.

4	TASKS / ACTIONS / PROJECTS	HOW LONG?	EMOTIONAL CONNECTION	YOUR PRIORITY	
Δ					Δ
4					4
Δ					Δ
4					4
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