

Procrastination busters

mumshine



active exercise



individual

We all get stuck from time to time. Things we see as difficult, threatening or new often get moved to the side in our subconscious as our brains try to find and focus on the stuff which is easier, safer and more enjoyable. We have all been there and you find yourself doing anything else in the world, rather than the thing you need to be doing. Remember bad news does not get better with time, so you might as well do the thing now.

This worksheet contains some strategies to break through the block, get things done and move on with life - fast. Let's face it, when you do the thing, it is never as bad as you thought and you feel so much better after.

just five minutes



Think of the thing you are avoiding and make a deal that you will just do 5 minutes. Set a timer. At 5 minutes you can choose to keep going or stop. Either way you are closer to done.

why so scared?



Spend a moment identifying the feelings you have about the thing you are avoiding and acknowledge them. Dig deeper and find thoughts or beliefs these feelings bring up. Acknowledge it and then choose a less scary thought and repeat it to yourself.

choose one thing



Think of the thing you are avoiding, what is the first or most important task that will get you closer to done. Write that one thing down. That is now your to do list for the day. Go and do it! Keep doing this day after day until it is done.

break it down



Break down what you are doing into smaller tasks and block out a time during the week to complete each step, giving yourself a reward after, for doing each step.

ask for help



Find a sympathetic buddy who gets it and tell them you are having a bad case of the procrastinations. Ask them to be with you when you do it (even on face time) or ask them to check in every TBC minutes until it is done or do it together!

sweet reward



think about something you really want to do, more than anything else then make yourself a deal. You can do the thing you want as soon as you do the thing you are avoiding and just crack on, focusing on the reward.

Procrastinating about which one to do? Just close your eyes and point. Come on, you got this! Reflect afterwards, how do you feel now that it is done? Was it really as bad as you thought? What can you do next to keep the momentum going?