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ARE

PROCRASTINATORS

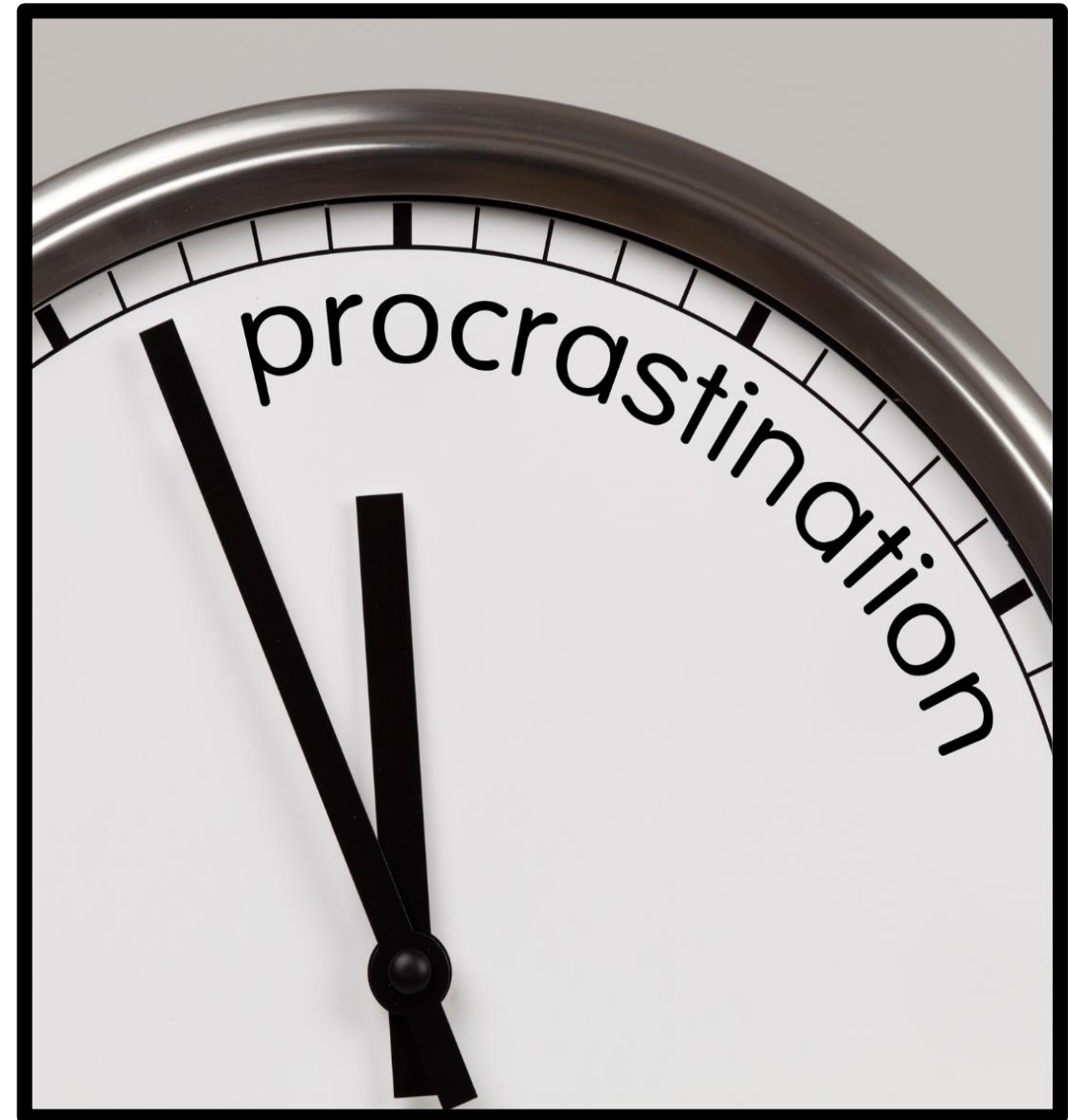
CONFIDENT?



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<https://www.merriam-webster.com/dictionary/procrastinate>

- to put off **intentionally and habitually**
- to put off intentionally the doing of something that **should be done**



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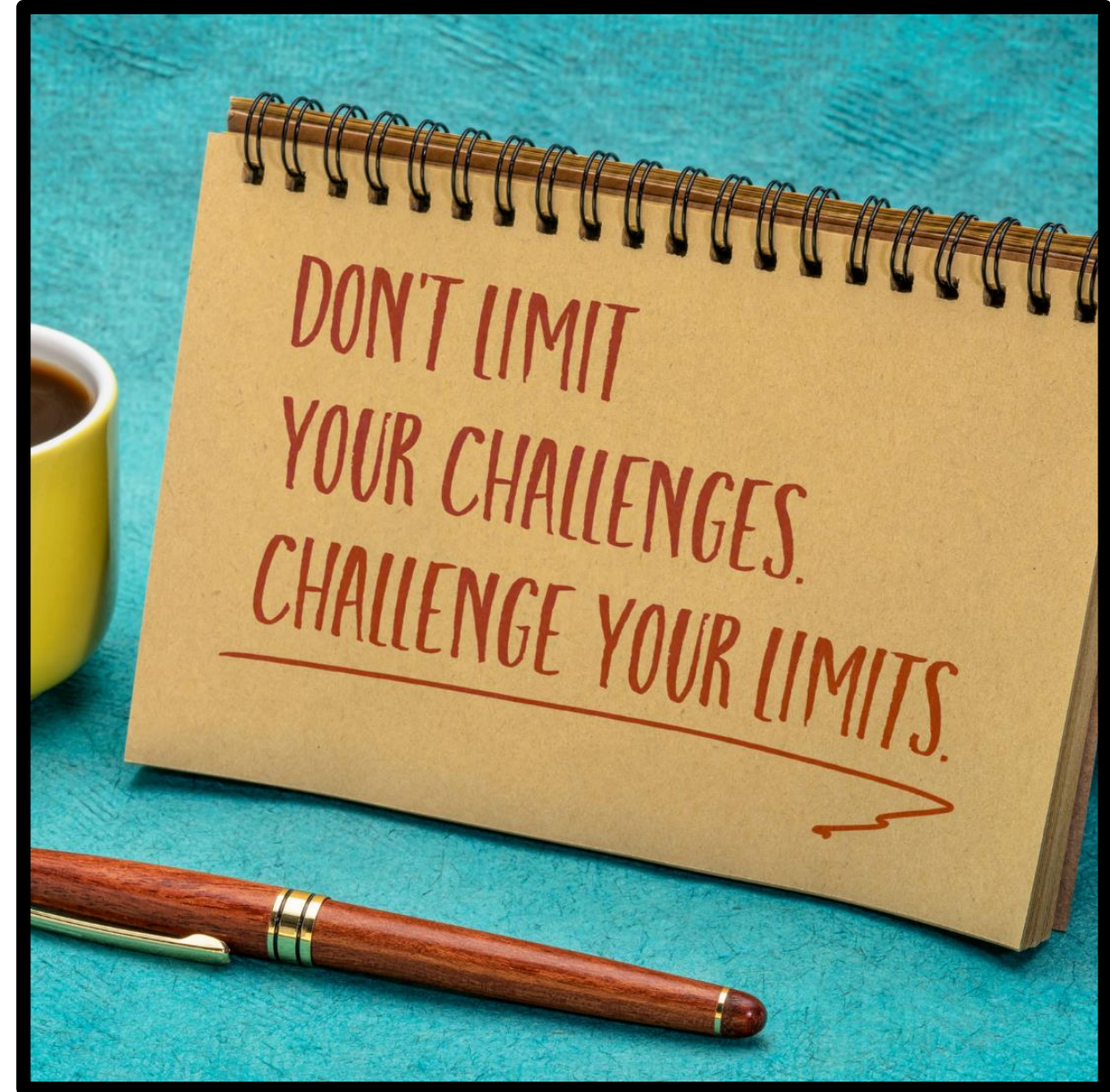
1. What is the [listen to the podcast to fill-in-the-blanks for the first 5 questions]?

2. How do you

3. What are

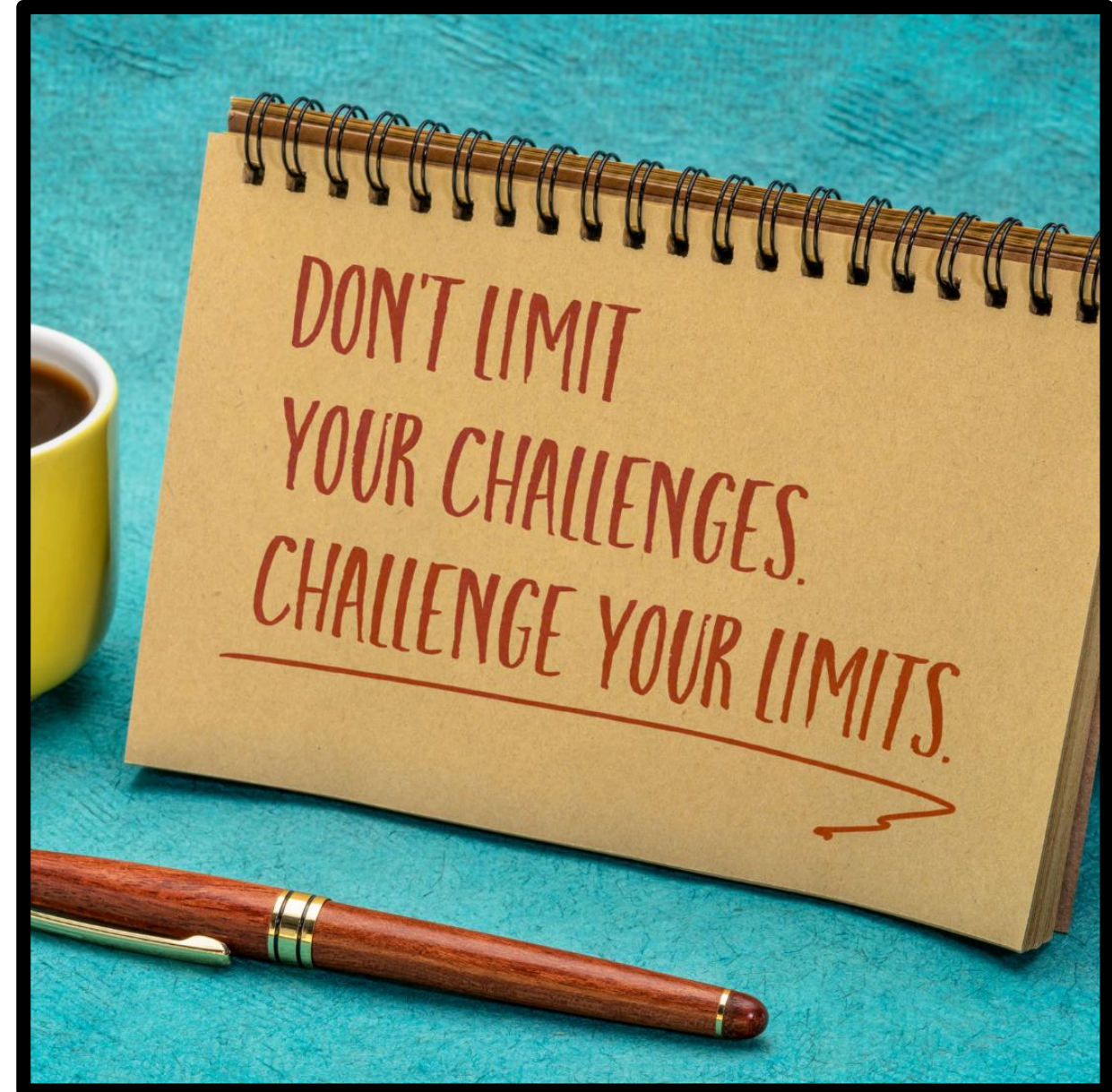
4. What are

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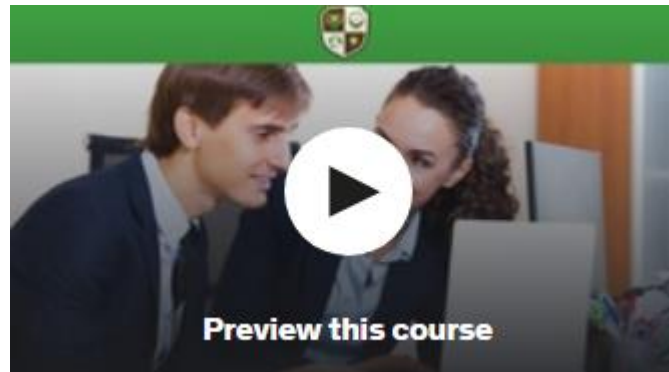
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6. **What are the skills or strategies that can help you complete this task? How can you practice them?**
7. **How can you break down this task into smaller and more manageable steps? What is the first step that you can take?**
8. **How can you create a supportive and motivating environment for yourself? What can you do to eliminate or reduce distractions?**
9. **How can you reward yourself for your progress and achievements? What can you do to celebrate your efforts and accomplishments?**
10. **How can you hold yourself accountable for your actions and results? Who can you share your goals and plans with?**



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- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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