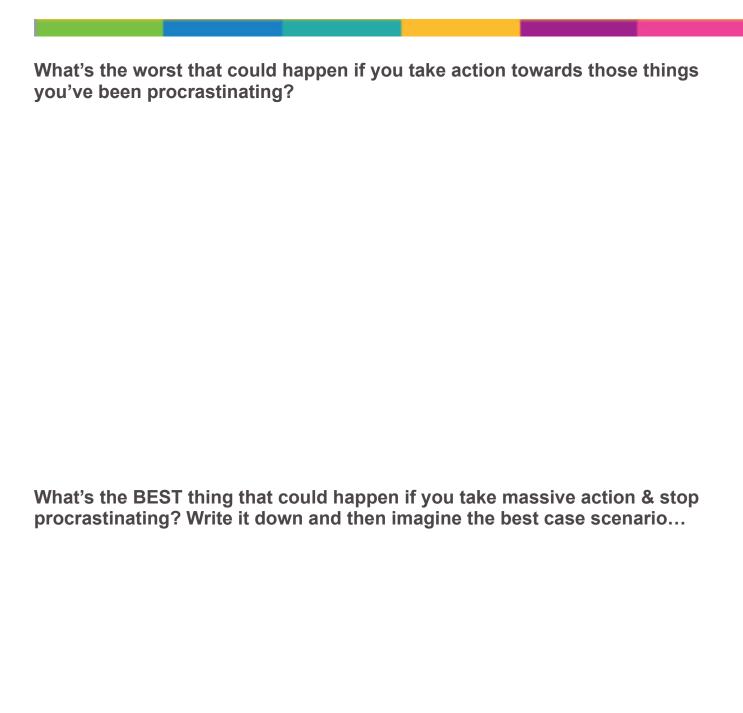
MAMAS CON GANAS



EPISODE 123- WHAT ARE YOU WAITING FOR?! JOURNALING EXERCISE TO STOP PROCRASTINATION



Why are those things important to you? Why do they matter? Be honest...



Now write down actual deadlines for all of those things you've been procrastinating. Deadlines are super important because they will hold you accountable.