



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

Write down all those important things you've been procrastinating... everything.

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



What's the worst that could happen if you take action towards those things you've been procrastinating?

What's the BEST thing that could happen if you take massive action & stop procrastinating? Write it down and then imagine the best case scenario...



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

