**Worksheet #1 – August 2016 - Taking a Vacation from Procrastination!**

Okay baby – let’s do this thing. Fill this in BEFORE you watch the tutorial! You can also just type this into a list on your laptop. This list might not feel like a lot of fun – but this is GROWTH – and going to fuel so much fun + energy release + freedom this month. ***Let’s go!***

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| What tasks at **work** are you procrastinating on tackling? | |
| Task | How long have you been putting it off? |
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| What tasks at **home** are you procrastinating on tackling? | |
| Task | How long have you been putting it off? |
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| What **self-care** with your body or mind have you been procrastinating on taking action with? | |
| Action/Intention | How long have you been putting it off? |
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| What **conversations** are you procrastinating on having? At home? At work? Socially? | | |
| Convo with | About | Been avoiding having it since |
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| What issues with **money** are you procrastinating about or putting off? | |
| Task/conversation | How long have you been putting it off? |
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| Is there anything **socially** you are procrastinating about or putting off? Quitting the PTA? Joining the PTA? Organising family get together. Telling that friend she has hurt your feelings? Joining a book club? | |
| Task/conversation | How long have you been putting it off? |
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**What other decisions or actions are you procrastinating about making? List as many as you like:**

PHEW!

Okay - WELL DONE SUGAR PLUM!!! Really good work. This list is going to be invaluable as you work through the challenges this month. You might want to take a photo of your completed sheet on your phone so you have it for easy reference too.

ONWARDS!

