**~ Taking a Vacation from Procrastination ~ Worksheet 1 - August 2016**

Okay baby – let’s do this thing. Fill this in BEFORE you watch the tutorial! 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:**

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*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.*

*ONWARDS!*

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