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| Worksheet |  | Overcoming Procrastination |

Welcome to **Overcoming Procrastination** worksheet. This worksheet will help you to overcome an area of your life where you’ve been procrastinating.

| **Something You’ve Been Avoiding or Procrastinating** |
| --- |
| {Enter Here} |

| **Fear & Commitment Analysis** | |
| --- | --- |
| *What are you afraid of?*  {Enter Here} | *What is this fear trying to protect? What are you committed to?*  {Enter Here} |

| **Microstep Planning** |
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| {Enter Next Step} |
| {Enter Next Step} |
| {Enter Next Step} |
| {Enter Next Step} |
| {Enter Next Step} |
| {Enter Next Step} |

Mike’s Example…

| **Something You’ve Been Avoiding or Procrastinating** |
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| I’ve been avoiding making changes to my diet that I know will be healthier for me. For example, I’ve been avoiding limiting my alcohol intake and consumption of sugary snacks during the holidays. |

| **Fear & Commitment Analysis** | |
| --- | --- |
| *What are you afraid of?*  I’m afraid that if I don’t have a couple of drinks with my friends that I’ll enjoy the holidays less and they will enjoy my company less.  I’m afraid that I’ll miss out on the holiday experience if I don’t eat these snacks or that I’ll simply enjoy myself less. | *What is this fear trying to protect? What are you committed to?*  I’m committed to having a good time with family and friends. I’m trying to protect my enjoyment of the holiday season. |

| **Microstep Planning** |
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| Don’t Buy Sugary Snacks at the Grocery |
| Write down my commitment to having only 2 drinks per day. |
| Bring a healthy snack to family dinner on Christmas |