

5 WAYS TO STOP PROCRASTINATING

AND STEP CLOSER TO YOUR DREAMS



PERMISSION

Give yourself permission to feel the fear

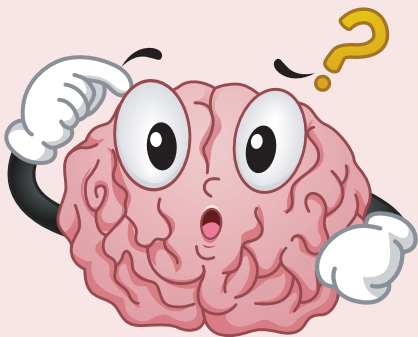
When we think about doing something new the first feeling is fear which creates discomfort. Give yourself permission to sit with the discomfort rather than shy away from it.



CONSIDER THE CONSEQUENCES

Both positive and negative

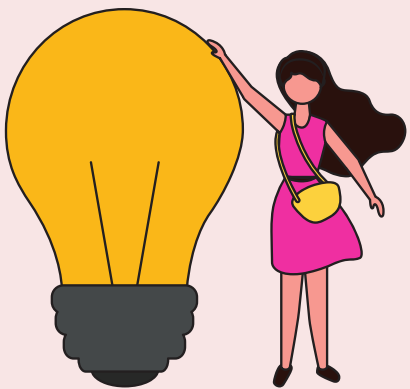
Imagine yourself a year from now having taken action. How do you feel, what steps have you taken, what is it like to have achieved your dream? Do the same imagining that you have not taken action. How does that feel, do you have any regrets?



REFRAME

Remember examples where you took action

It can be tempting to think "I've no experience, I can't do this" but there are other occasions in your life where you did something for the first time. Remember those and know that you are capable of tackling new challenges.



"...BUT IF I DID KNOW..."

Let go of the phrase "I don't know"

Whenever we use the phrase "I don't know" it gives our brains an excuse to stop thinking about a solution. Practice replacing the phrase with "...but if I did know..." and see what new ideas come through.



TAKE ONE SMALL ACTION

Each journey starts with a single step

It's a cliché but it's true - to get started you have to take some kind of action. That could be as simple as taking a pen and paper and writing down your dream and your fears. As you complete each small action plan the next one. With each action you double your chances of success.

