



~VALIDATE your feelings, the "I don't want to..."

If the task you will plan is something you have procrastinated doing, there must be a valid reason or reasons for you having put it off. Write down why you have not wanted to tackle this one. (Remember not to judge yourself or your feelings.)



~IMAGINE yourself doing it peacefully and productively.

Describe what you envision yourself doing, and how you envision accomplishing it.



~TAKE SMALL STEPS- break down the project into bite-size pieces.

What steps will be needed to succeed?

- 1

- 2

- 3

Use back for more steps if needed.



~APPLAUD YOURSELF- encourage your efforts, cheer, and coach

What can you plan ahead of time to cheer yourself on? (Stickers for each completed step for example)



~LIGHTEN THE LOAD

What stress producers will you avoid by completing this goal?



~SWEETEN THE POT- reward your efforts

What can you do to make the task more pleasurable?

What can you reward yourself with after completion?
