

# Procrastination. Gone for good.

Procrastination is caused when we focus on the **fear** and **pain** attached to doing something rather than the **love** and **pleasure** we will gain by creating the change.

It is one of the most common forms of self-sabotage.

If you ask yourself these questions whenever you come up against the sneaky P word you'll find the leverage you need so you can motivate yourself to take action.

These questions will help change your perspective of the issue at hand. Who knows, you might even feel like doing what it is you've been stalling on :)

I encourage you to answer these questions with **honesty** and **curiosity**.

So ladies, let's go. Make yourself comfortable, grab a pen and answer these questions.

1) **What is the fear I am attaching to doing this thing / creating this change?**

It's often around being afraid of not being good enough, not being liked or not being loved. Three hard-wired fears of every human being. Yes, everyone. E.V.E.R.Y.O.N.E.

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2) **What pleasure have I gained by not doing this thing / creating this change?**

Everything we humans do, we do because we get something out of it. Even if the thing we do harms us in some way.

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3) **What pain have I suffered by not doing this thing / creating this change?**

Time you'll never have again, people you've hurt because you were doing 'stuck' instead of what you said you'd do, poor examples you've set your children. I know....ouch. Really build the pain so you can use it as leverage.

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**4) Why MUST I make this change / create this new beginning?**

If you've been holding yourself back until now – allow yourself to go craaaaazy now. Build a massive list of why doing this thing is important to you and allow yourself to get inspired into action.

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**5) What will I lose if I don't make this change / create this new beginning now?**

There's nothing like having your hot little hands on something and having it taken away to ignite that your motivation.

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**6) What will you gain if you do change this now?**

Paint a pleasurable picture which magnetises you forward. It's your picture – make stuff up! Ponder all the big and the little gains from making this change now. Tally them all up, notice how good you feel inside, and smile.

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**7) OK so off you pop. Go take some action.**

**8) Celebrate the each and every win. Yes, even the small ones.**

