

HOW TO STOP

PROCRASTINATING

your practice

DATE:

LITTLE STEPS

What exactly do I need to do today?

TASK #1

TASK #2

TASK #3

TIME: _____

TIME: _____

TIME: _____

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THE HACK

(10+2) x 5 choose 5 most difficult tasks of the day

- 10 min of:
- 10 min of:
- 10 min of:
- 10 min of:
- 10 min of:

- 2 min break*
- 2 min break*
- 2 min break*
- 2 min break*
- 2 min break*

