

1 March 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Procrastination

This week, we are going to concentrate on procrastination because before we start planting the seeds of the better version of ourselves, we need to remove the weeds and prepare the soil... Until we deal with it & what's holding us back, we can plant all we like, it quite simply won't grow.

Procrastination is often a symptom of different fears we might have (fear of failure & fear of success are the most 2 common ones) and not realise. It can also just be that we keep on putting off something because we don't like doing it. Whatever is behind it needs to be identified but more importantly, dealt with because it won't go away by itself.



Monday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?

Tuesday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?

Wednesday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?

Thursday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?

Friday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?

Saturday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?

Sunday - What do you keep on putting off/ not doing? Find 3 reasons (or excuses...) as to why that is. What's behind it? Why & how? What's the worst that could happen? What's the best that could happen?