Steps you can take to get yourself out of procrastination and into progress:

PROJECT/TASK:

Are you working on it?

NO

RECOGNIZING EXCUSES

What are you doing instead?

How are you NOT justifying getting to work?

YES

What does progress look like?

What is your goal?

GET GOING!

What are the underlying reasons?

Strategies to break your inaction/procrastination:

(see our worksheet: Six Reasons People Procrastinate)

(see our worksheet: Motivation Techniques)