



HOW TO AVOID PROCRASTINATING

LESSON ONE



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Exercise:

I want you to take some time and think about your there and you're here. I want you to write down in the first box where you see yourself or would like to be in 1, 5, and/or 10 years and in the second box write down what you are doing right now to either hinder or help you get there. In the last box I want you to write down a new plan to ensure you get there.

Here:

There:

New Plan: