

# OVERCOME PROCRASTINATION-CAUSING THOUGHTS AND LIMITING BELIEFS

- 1** Identify Your Reason for Procrastination  
(Understand your limiting belief so you can come up with a system to conquer it.)  
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- 2** Establish the 5 W's  
(Determine the who, what, when, where and why of the system.)  
Who: \_\_\_\_\_  
What: \_\_\_\_\_  
When: \_\_\_\_\_  
Where: \_\_\_\_\_  
Why: \_\_\_\_\_
  
- 3** The Scavenger Hunt  
(Skim read for the facts that are necessary to set up your step by step process.)  
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- 4** Infusion  
(Combine all of your facts and begin to fuse them together chronologically into stepby step form.)  
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- 5** Explain  
(Put into words the actual process.)  
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- 6** Home Plate  
(Finish your new system so that it's very user-friendly and doesn't take the effort to understand.)  
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