



## Instructions

Watch the training video that supports this lesson and grab your journal or enter your answers to this worksheet.



**What are you procrastinating on?**

**Why are you putting this off? What's your reasons?**



**What are you telling yourself? Get familiar with that chatter...**

A large, empty rectangular box with a light orange background, intended for the student to write their self-talk.

**How can you start pushing past this?**

A large, empty rectangular box with a light orange background, intended for the student to write strategies for pushing past their self-talk.



**How can you continue to keep yourself motivated to overcome your procrastination?**

**Let's make this simple for you with these 3 steps:-**

**I will STOP**

**I will START**

**I will CONTINUE**