ADDRESSING PROCRASTINATING THINKING PATTERNS

Become more aware of your thinking patterns related to procrastination. Identify the immediate, reflex though you're having for delaying getting started. Dig a little deeper to uncover the underlying belief behind that thought. Create a more helpful belief to replace the original unhelpful belief.

REFLEX THOUGHT	UNHELPFUL UNDERLYING BELIEF	MORE HELPFUL BELIEF

EXAMPLES OF COMMON REFLEX THOUGHTS:

- "I'm tired" "I can start tomorrow"
- "I deserve a break" "I don't have everything I need to start"