

*Enjoy the journey, and celebrate the destination!*

**WHAT TASKS DO I TEND TO PUT OFF THE MOST?**

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**DO I FIND MYSELF ENGAGING IN DISTRACTING ACTIVITIES INSTEAD OF STARTING MY WORK?**

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**IS THERE A PATTERN TO WHEN OR WHY I PROCRASTINATE?**

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*I am enough just as I am, and I trust in my abilities.*

**WHAT ARE THE CONSEQUENCES OF MY PROCRASTINATION?**

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**DO I OFTEN THINK, 'I JUST DON'T WANT TO DO THIS,' WITHOUT A CLEAR REASON?**

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**AM I TAKING ON MORE THAN I CAN HANDLE, LEADING TO BURNOUT OR EXHAUSTION?**

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*I embrace my uniqueness and celebrate my individuality.*

**AM I CLEAR ABOUT MY GOALS AND PRIORITIES?**

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**DO I HAVE A STRUCTURED PLAN FOR MY DAY OR WEEK?**

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**HOW DO I FEEL AFTER COMPLETING A TASK I INITIALLY DIDN'T WANT TO START?**

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*I learn and grow from every experience, even the challenging ones.*

**WHAT SMALL STEPS CAN I TAKE TO OVERCOME PROCRASTINATION OR LAZINESS?**

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**AM I GIVING MYSELF ENOUGH BREAKS AND SELF-CARE TO AVOID BURNOUT?**

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**HOW CAN I REWARD MYSELF FOR COMPLETING TASKS?**

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