

Beating Procrastination

What do you need to do?

What are the consequences of not doing this?

What's the exact moment of action?

At that moment, do you have enough motivation to act?

At that moment, do you have enough resources to act? (In other words, is it easy enough for you to act?)

Motivation:

At what time would you be most motivated?

Is there another way to achieve the same goal that you have more motivation for?

What would increase your motivation in that moment?

Resources:

What would be the easiest time to do this?

Is there an easier way of achieving this goal?

What would make it easier to do?

