

5 WAYS TO BEAT PROCRASTINATION:

1. **Set a Start And Deadline Time**

Having a start and end date will motivate you to move forward.

2. **Have Accountability In Place**

Have a supportive group of people around you who can assist you and who you can check in with.

4. **Set Boundaries**

Work out when you can be interrupted and when you don't want to be disturbed. This allows you time to do what you need to do.

5. **Take Regular Breaks**

Taking breaks will allow your body and mind the chance to rest and recharge your batteries.

6. **Celebrate**

Give yourself a reward. If you have done something great, allow yourself the chance to stop and acknowledge this.

"First, have a definite, clear practical idea; a goal, an objective. Second, have the necessary means to achieve your ends; wisdom, money, materials, and methods. Third, adjust all your means to that end." –Aristotle

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LIFE *f* **FULFILLMENT COACHING**
...bringing together 'where you are now' to 'where you most want to be'