**My Stop Procrastinating and Get Going Plan**

**What do you want to do?**

* + What is the final objective, the end result?
  + What are the major steps to get there? Don't get too detailed: think big
  + What have you done so far?

**Why do I want to do this?**

* + What is your biggest motivation?
  + What other positive results will flow from achieving your goal?

**What is getting in my way?**

* + What is in your power to change?
  + What resources outside yourself do you need?
  + What will happen if you don't progress?

**My To Do List:**

**My Plan:**

* + What are the small steps I need to take?
  + How much time each will take?
  + What time of day, week, etc. will I dedicate to my work?
  + What will I reward myself with?  
     **Admit to:**
  + **False starts and mistakes as learning experiences**They can be more important than successes, and give meaning to "experience"
  + **Distractions and escapes -**Do not deny they exist, but deny their temptation
  + **Emotion**  
    Admit to frustration when things don't seem to be going right  
    Admit that you have had a problem, but also that you are doing something about it
  + **Fantasy -**See yourself succeeding

**If procrastination is a habit of yours:***Focus on the immediate task and project, and build up from there. Each journey begins with one step.*

Adapted from Study Guides and Strategies http://www.studygs.net/index.htm