

# QUESTIONS TO REDUCE PROCRASTINATION

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## 1. HOW WILL I FEEL WHEN THIS IS DONE?

Imagine this finished. Not perfect, but done. How will you feel?

## 2. WHAT IS THE NEXT SMALLEST STEP I CAN TAKE?

Break into bite sized pieces. Work on it for 15 minutes. Take a micro step.



## 3. HOW DO I BUILD MOMENTUM?

Ask for feedback. Share & celebrate your progress. Plan out the next 3 steps.



## 4. HOW DO I SET UP FOR THE NEXT STEP?

Order supplies. Set a phone reminder. Make starting easier.



SHARE YOUR RESULTS OR REVISED QUESTIONS:  
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