

# What You'll Learn...

- How to systematically *eliminate every single one of your fears and blocks!*
- How to move from “sad” to “glad”, by using your feelings to guide your thoughts (instead of the other way around!)
- How to create **mouth-watering goals** that capture your imagination and get you *moving*, and eliminate the wimpy goals that actually make your life worse!
- Bring great feelings into everything you do, to keep you “up” and **motivated** all day... or all night!
- The three widespread myths about time that nearly *everybody* believes, and why they keep you from **achieving your full potential!**
- How to satisfy the **hidden needs** that procrastination was filling for you, without keeping any of the drawbacks!
- How to “Right-size” your goals and tasks to keep things *exciting and challenging*... instead of **frustrating and exhausting!**
- How to **bring true fulfillment to your life**, instead of just “getting things done”!

# What You'll Need...

- This handout, and the corresponding CDs
- A pen or pencil to take notes and to fill in the blanks on these pages
- Your “I’m Afraid I’m” list from lesson 2
- About three hours

# The Action Plan For Your New “Life After Procrastination”

**1.**

**2.**

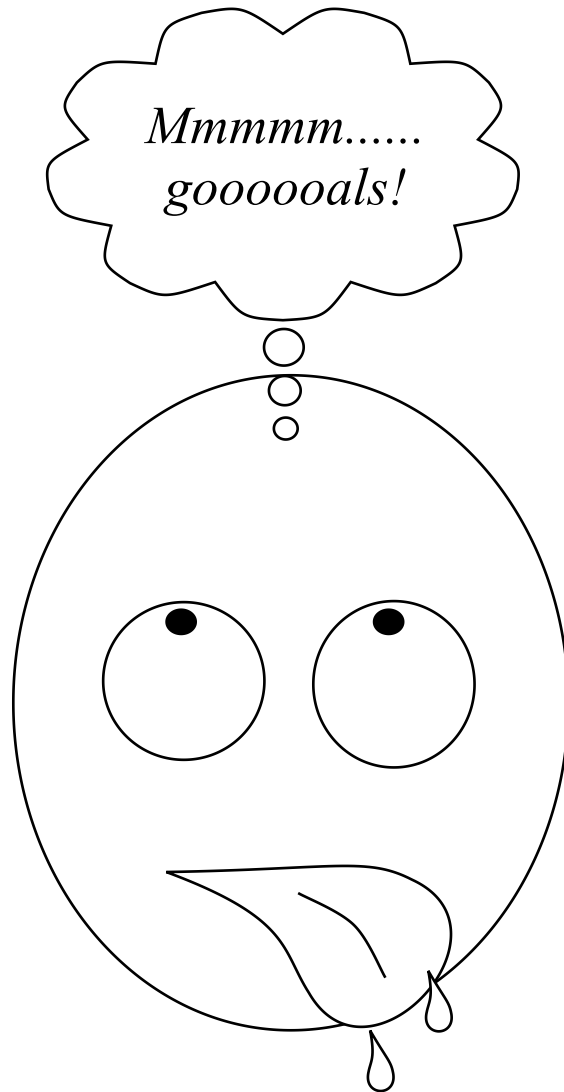
**3.**

**4.**

**5.**



# PIG OUT for Mouth-watering Goals!



*What your feelings should be:*

*How you get those feelings:*

**P** \_\_\_\_\_

**O** \_\_\_\_\_

**I** \_\_\_\_\_

**U** \_\_\_\_\_

**G** \_\_\_\_\_

**T** \_\_\_\_\_

# Trust Your Feelings, Luke!

Use your \_\_\_\_\_ to guide  
your \_\_\_\_\_!

If it \_\_\_\_\_ ,  
You're \_\_\_\_\_ ,  
So \_\_\_\_\_ !

# The Three Big Lies About Time That Keep You From Your Full Potential!

1. Time can be \_\_\_\_\_  
and \_\_\_\_\_

2. Time is \_\_\_\_\_, and \_\_\_\_\_

3. The future is \_\_\_\_\_

# Creating a Plan For ACTION!


# **Useful Kinds of Procrastination**

**1.**

**2.**

**3.**

## **The Hidden Benefits of Procrastination**





# **Wrap-up and Feedback**

**1. What did you enjoy most?**

**2. What are you going to start using immediately?**

**3. What kind of difference will it make to your life?**

Send answers to [feedback@dirtsimple.org](mailto:feedback@dirtsimple.org)