

# Handout for Part Two, aka Lesson 4

- Be sure to print out these pages as well, and leave everything blank until we get to them.
- In the recorded version of *The Procrastination Cure*, this will be called “Lesson Four”, rather than part two. So don’t be confused if I call it that. ;-)
- You may want to review your notes from the *Instant Acceptance/Banish Unwanted Feelings* workshop, as this segment is intended to immediately follow that workshop in the final recorded version of *The Procrastination Cure*.
- For that matter, have your “I’m Afraid I’m” list from that workshop ready, if you haven’t already gone through it to eliminate your fears.

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

**1.**

**2.**

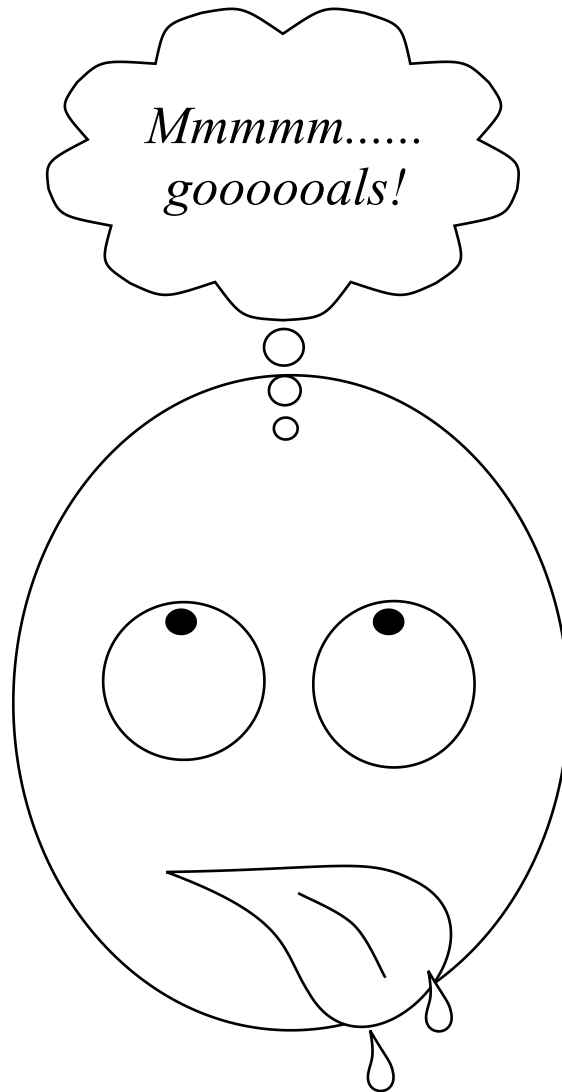
**3.**

**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)