



### THRIVERCISE: Eliminate Procrastination

**Purpose:** This exercise has been designed to help reduce procrastination when it occurs. Anecdotally, procrastination can result from a misalignment with an activity and your purpose, distractions that divert time and attention away from the task at hand or being overwhelmed by an associated 'to do' list that seems too large to tackle.

This activity will challenge you to 'do the next right thing' before moving on to the next. When we can align a task with a higher purpose, fulfillment of a goal, etc., reduce the ability of unexpected events to take up our time, and break larger initiatives, projects, and lists into individual items, we are able to clear the way to accomplishing what right now, seems out of reach.

#### Instructions:

Add your responses to the statements & questions below. If you are unsuccessful at completing the task at hand, there is still value in doing so. Identifying barriers and allowing yourself a reset can increase awareness and help break the cycle of delaying on important matters.

Consider and Add Your Thoughts for Each of the Following	Response(s):
My higher purpose, passion, or goals are...	
The task at hands will serve my purpose, fuel a passion, or achieve a goal by...	
If the task is not aligned with purpose, passion, or goals, take a moment to reflect. How can you better align the task with an outcome that matters to you?	
If tackling a project, list, etc. choose the NEXT best action. Do not consider, discuss, focus on, or begin any other actions or tasks. List your next best action here.	



Consider and Add Your Thoughts for Each of the Following	Response(s):
<p>(ANSWER THE FOLLOWING AT THE END OF THE DAY)</p> <p>Were you able to complete your next best action? (YES/NO)</p>	
<p>If you answered YES, use this inventory to choose the next best action for tomorrow or when time is typically allotted for this initiative, project, list. CONGRATULATIONS!</p> <p>END HERE IF SUCCESSFUL OR CONTINUE BELOW IF YOU ANSWERED NO TO THE END OF DAY REFLECTION ABOVE.</p>	
<p>If you answered NO, what were the barrier(s) to completion? What got in the way or how did the day or allotted time get away from you?</p>	
<p>Fill in this statement:</p> <p>Tomorrow (or at the next opportunity), I will make another attempt to complete the next best action. I will put the following in place to eliminate the barriers I experienced...</p>	

If procrastination remains, acknowledge any progress you made, or the insight gained above - it will only assist you in changing behaviors. As always, change is usually incremental and takes work. But meaningful change is typically permanent, if not long-lasting. **If you could eliminate procrastination completely, would it be worth continuing this exercise?**