

What's Stopping You?

There are usually reasons underlying our procrastination.



Hooked Reasons, rules and judgements

Bring attention to task - notice when your attention wanders and bring it back. Defuse from unhelpful thoughts



Avoiding Discomfort Avoiding fear and anxiety

Accept discomfort, open up, make room for difficult feelings, practice self-compassion



Remoteness from Values Task lacks importance and meaning

Re-examine values. What IS important to you about achieving these goals or tasks?



Doubtful Goals Goal is not realistic and/or appropriate resources are not available

Make goals more realistic, allow more time, break tasks down into smaller steps, change goal.

Utilise the 7 Rs

Reminders
Routines
Relationships
Rewards

Reflecting
Records
Restructure Environment

The 7 R's for goal setting and behaviour change

Reminders – Setting up cues or prompts to stay mindful of the goals you've set. This could be visual reminders, alarms, or journaling practices that help keep your goal top of mind.

Routines – Establishing regular habits that support your goal. Consistency through routines creates a structure that can make it easier to integrate new behaviours into daily life.

Rewards – Celebrating small wins and milestones along the way. Reinforcing progress with rewards helps to maintain motivation and keeps the focus on positive reinforcement.

Reflecting – Taking time to assess progress, challenges, and what's working. Reflection helps you adapt and learn from setbacks, ensuring that goals remain aligned with your values.

Relationships – Building a support system or accountability network. Engaging with others who encourage and motivate you can enhance commitment to your goals and provide a sense of community.

Records – Tracking progress to stay accountable. Keeping a record of what you've done (such as a journal, planner, or app) allows you to monitor growth, recognize patterns, and see how far you've come.

Restructuring Environment – Modifying your surroundings to make goal achievement easier. This could involve decluttering your workspace, setting up specific areas for certain tasks, or removing distractions that hinder progress.