



TRANSFORMING PROCRASTINATION INTO MOMENTUM USING ART THERAPY

Create a Safe Space:

Find a quiet, comfortable place where you feel supported. Gather a variety of art supplies, markers, pencils, paints, collage papers, or any materials that feel inviting.

Ground Yourself:

Before you begin, take several deep, calming breaths. Allow your mind to settle, embracing a sense of compassion and curiosity about what is showing up in you.

Reflect on Procrastination

Think about: What emotions come up when I think about procrastination? In what moments do I feel most overwhelmed or stuck?

Visual Metaphor Prompt:

Think of procrastination as a landscape or an object. Is it a heavy cloud, a tangled vine, a locked door, or possibly an unfinished puzzle? Allow whatever metaphor arises to guide your art.

Begin Your Art Exploration:

Divide your paper: Lightly sketch a line down the middle to create two sections.

Left Side – The Weight of Procrastination: Using colours, shapes, or textures that resonate with feelings of resistance or overwhelm, express the image of procrastination. Let your hand move freely and intuitively, there is no right or wrong way. Notice any areas of tension or heaviness that emerge in your work.

Right Side:

The Spark of Momentum:

Now, think about how you wish to move through or beyond that resistance. What does your creative, empowered self look like? Fill this side with images, colours, or textures that evoke energy, possibility, or gentle progress. Consider symbols that serve as a reminder of your strength and capacity for change.



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Connect and Transform: Reflect as you create: Notice the interplay between the two halves. If you feel drawn to, you can, or not, begin to blend the imagery where procrastination and momentum meet.

Write a Dialogue:

Once you've finished your visual work, use a few words or short sentences around the artwork to communicate with yourself. Let your inner voice speak with kindness and encouragement.

Mindful Acknowledgment:

Review Your Art: Step back and look at your piece. Allow yourself to observe without judgement. What insights or emotions emerge from seeing your inner landscape depicted on paper?

Affirmation Practice:

Conclude your exercise by writing or saying aloud an affirmation that aligns with the energy you wish to nurture, such as:

*"I honour the process of my growth,
even when it feels slow. Each small
step is a courageous act of self-care."*

