

FEELINGS FUEL ACTION

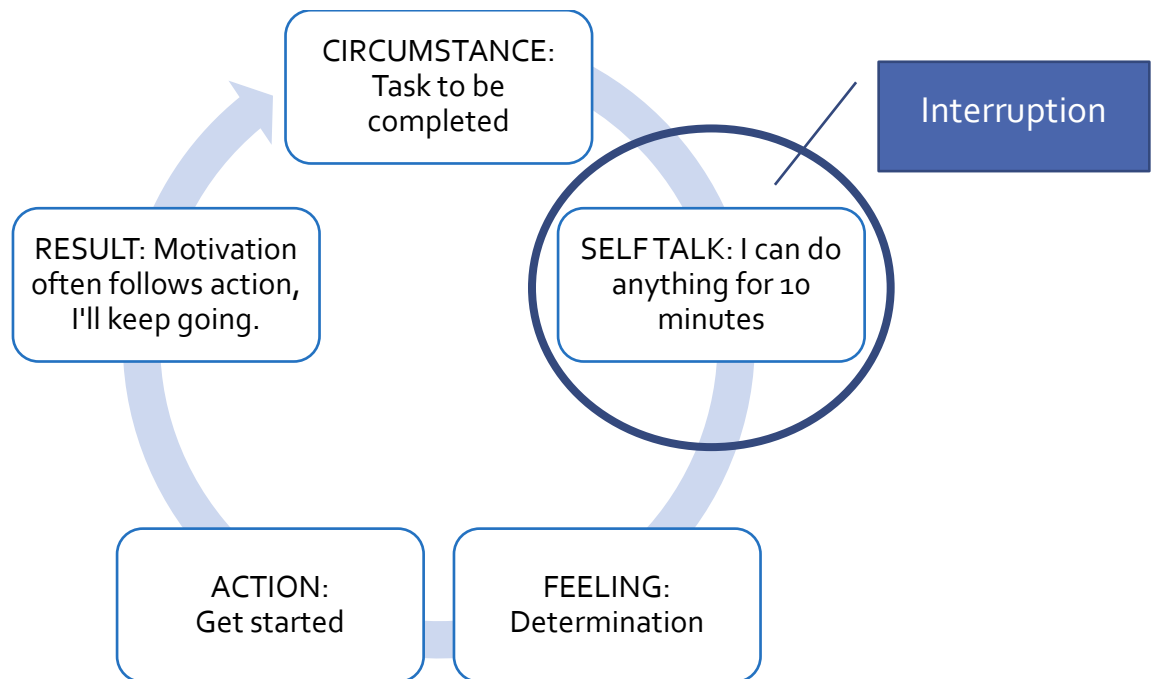
INTERRUPTING THE SELF-SABOTAGE CYCLE

The key to interrupting the self-sabotage cycle is to start with self-talk.

Choosing an empowering thought has the power to create feelings of motivation, courage, confidence, patience, persistence, etc.

This feeling might not feel **good** (in the conventional sense) but it does spark action.

INTERRUPTING THE SELF-SABOTAGE CYCLE



See the Appendix for a list of empowering thoughts to experiment with.

REFLECTION QUESTIONS

1. What is a feeling that sparks action for you? How likely is it for you to take action from this feeling?
2. What is the thought that creates this feeling for you?
3. On a belief scale of 1 to 10 (with 10 being highest degree of belief), how much do you believe this thought to be true for you? If not at a 10, what would make it a 10 for you?
4. What is your plan for testing this thought/feeling the next time you catch yourself procrastinating?

NEXT STEPS

In today's world, there is a lot coming at you.

The urge to procrastinate is something that we ALL experience. It's just a matter of degree.

Often, without even realizing it, procrastination can become a habit.

Like any habit, with patience and persistence, the procrastination habit can be changed.

Habit Change

Habit change is the function of the following things:

- Awareness and insight into current behavior. What is currently happening?
- Changing self-judgment into self-compassion. How would you talk to your best friend?
- Identification of **desired** behaviour. What do you want?
- Making decisions in advance, rather than in the moment. What do intend to do tomorrow?

How coaching can help:

- Identification of habitual thoughts and behaviours that limit you.
- Powerful questions that spark insight and action.
- Changing the procrastination habit into a follow-through habit.
- Changing the self-judgment habit into a self-compassion habit.
- Creating boundaries based on what you want to guide your day-to-day decisions.
- Support when it would be easier to give up.

Imagine if you could squash the procrastination habit and take action towards your biggest goals?

What could you accomplish if you dropped the stress and self-judgment?

Sign up for a free strategy session at www.FinancialWellnessCoach.ca/Coaching.

APPENDIX

You can experiment with different thoughts to create feelings that fuel your action.

What feelings are sparked by the following suggestions?

- I only have to get started. I am going to take the first step and then re-assess.
- I am the type of person who gets things done (hands things in on time, arrives early).
- I am an organized person.
- I only have to complete the first 80%.
- Stress is a waste of my time. Getting started is an effective use of my time.
- I can figure it out.
- The definition of done (DoD) on this task is...
- Success on this task is defined as...
- The reasons why *I want to do* this are because...
- The reasons why *I will do* this are because...
- I am grateful *I get to do* this because...