

Procrastination: What to Do When You Feel Stuck

Before we dive in, know this: over the next 7 days, you might experience some procrastination.

Procrastination is your brain's way of telling you one (or more) of the following:

- ➔ You're unclear on what to do next.
- ➔ You're afraid of failing, being judged, or getting it wrong.
- ➔ You don't value the task or understand why you're doing it.
- ➔ You feel overwhelmed.
- ➔ You're trying to get it perfect.
- ➔ You're tired or drained.

Procrastination is feedback.

It's your mind waving a flag that something needs attention.

When this happens:

- ➔ **Listen to your body** and notice which of the above might be the reason for the procrastination.
- ➔ **Get clear on the next step:** Most procrastination happens because the task feels too big or vague.
- ➔ **Set a micro-timer:** Tell yourself, "I'll work on this for just 5 minutes."
- ➔ **Check your emotions,** not just your to-do list: Naming the feeling (fear, overwhelm, boredom) instantly takes away some of its power.
- ➔ **Move your body:** Even 2 minutes of stretching or walking can reset your nervous system and get you out of mental freeze.