

Overcoming Procrastination *Workbook*



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Welcome

I'm so glad that we've found each other.

Procrastination isn't about laziness—it's about how our hormones, brain chemistry, and self-talk impact our motivation.

This workbook will help you turn insight into action with simple exercises to break the cycle of delay and step into momentum.

We all have tough days and that's OK, the aim is to avoid getting stuck in the tough times.

My Mental Well-being was one of the most important parts of the puzzle on my wellness journey and I am now passionate about helping others understand and make the mind-body connection, so that they can thrive.

I can't wait to support you on your journey to achieving your health and life goals and dreams.

Love and hugs

Kerry x

Any questions? Just send an email to:
hello@kerrymadgwick.co.uk

Overcoming Procrastination: Workbook

Step One

Identify Your Procrastination Patterns

1 What Do You Procrastinate On Most?

List 3 tasks or projects you tend to delay

2 How Does It Feel?

When you avoid these tasks, what emotions come up? (Check all that apply)

- ☐ Overwhelm
- ☐ Fear of failure
- ☐ Fear of success
- ☐ Perfectionism
- ☐ Boredom
- ☐ Lack of clarity
- ☐ Other: _____

3 What's Your Inner Dialogue?

Write down 1-2 common excuses or thoughts you have when procrastinating

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Step Two

Understanding Your Brain & Body

1 How do You Self-Soothe?

When you avoid a task, what do you typically do instead?

- ☐ Scroll social media
- ☐ Snack or eat
- ☐ Watch TV or YouTube
- ☐ Clean or organize
- ☐ Nap or sleep
- ☐ Other: _____

*Recognizing these patterns helps us replace them with
momentum-building habits.*

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Step Three

Break the Cycle with Action Strategies

1 The 5-Second Rule

Next time you feel hesitation, count down 5-4-3-2-1 and take action immediately.

Try it now:

- *What's one small action you can take toward an avoided task?*

2 The Micro-Wins Strategy

Break big tasks into bite-sized steps.

Choose one:

What's ONE tiny action you can take toward a big goal?

Example: Instead of "write a book," try "write one paragraph today."

My Micro-Win: _____

3 Anchor to Emotion

Imagine your task is DONE. What emotion would you feel?

- ☐ Relief
- ☐ Confidence
- ☐ Excitement
- ☐ Pride
- ☐ Other: _____

How can you use that feeling as motivation to start? _____

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Step Four

Make It Stick – Your Procrastination Breakthrough Plan

1 Create an Action Trigger

Next time you feel hesitation, count down 5-4-3-2-1 and take action immediately.

Try it now:

- *What's one small action you can take toward an avoided task?*

2 Build Accountability

- Who can you check in with for support?

☐ Friend

☐ Coach

☐ Online accountability group

Other: _____

3 Track Your Progress

Use this simple tracker to check off daily action steps:

Date Task Completed How I Felt After

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Final Commitment

START NOW!

 What's ONE task you'll take action on right now?

 **Remember: Momentum creates motivation.**
Your future self is waiting—don't leave them hanging!

Need extra support?

Book Your Clarity Call today!

 Let's turn procrastination into productivity

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Next Steps

- Share your wins!
- Connect with me for more guidance:
➡: <https://bit.ly/3vShJCA>

Turn your procrastination into productivity—
starting today!



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Healthy_Gateway



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