I know what to do, I’m just not doing it!

5 Steps to BUST through Procrastination and Overwhelm

Sarah Reiff-Hekking, Ph.D.
TrueFocusCoaching.com
You’re in the right place if you think:

...I can’t believe I have so much to do and I’m not doing what I am *supposed* to be doing.

...If I could just sit down and grind through it, I’d be fine.

...If I could only get through this other stuff, then I could do what I really want to do and get to the next level in my life.
Do you know what to do, but aren’t doing it?
We will cover

What procrastination is and **WHY** the projects you’ve planned to do slide into the next day

**HOW** to bust through procrastination using my 5 steps system

**WHAT** positive self talk really is, when it works, and why it is only **ONE** piece of the puzzle
What is procrastination?
RESULTS
Why does Procrastination matter?

Keeps us in a perpetual state of feeling bad

Creates a negative spiral

Becomes a way of coping
5 Steps to Bust Through Procrastination
STEP 1

Recognize what’s overwhelming

Find the beast
STEP 2

Calm the inner fear discussion

Tame the dragon
STEP 3

Enable your routine and environment to support productivity

Engineer your containment system
After working with Sarah, I feel more in control of my time and commitments, and more relaxed on a regular basis. I am better able to determine what a priority is for me and what is not. I highly recommend you work with Sarah if you want to create space in your life. I’m so glad I did!

Laura Robbins
Owner, Laura Robbins Interiors
STEP 4

Get Support

Would you defeat a dragon on your own?
You need the right support
How to take it further
How to take it further

www.TrueFocusQuiz.com
STEP 5

Keep restarting

Dragons need tending!
It’s all just a *good idea* until we take action!

*MOVE IT FORWARD*

in whatever way works for you
Thank You!

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