

STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Let's manage procrastinating

Task: Write down all those things you need to finish and things you would like to do. Change the word "NEED" to "WILL", so you can find another way to see obligations.

I ~~have~~ to do:

I will do:



I would love to do



When we replace the word "HAVE" with the word "WILL", we are not anymore at that state of mind that there is something we don't want to do (victim role).

We are then in state of mind "I am choosing to do something" and that gives us much better feeling and motivation to do that, so we can finish our obligations much easier.

Benefits I will get when I finish my obligations: