Procrastination unpacking worksheet

When you keep putting a task off: name the task, the feeling behind the delay, the smallest first step and a reward.

NAME

DATE

Task I'm avoiding	Due	What I feel when I think about it	Why (unclear, too big, boring, fear of doing it badly)	Tiny first step (5 minutes)	When

What will I tell myself when I want to stop?

My reward after the first step