

Procrastination Buster Cheatsheet

Feeling stuck and overwhelmed? Let's change that!



I Don't Know

Where to Begin:

Do you have a clear idea of your goals?

YES → List those goals.

NO ↓

Brainstorm and write down goals.

I'm Feeling

Overwhelmed:

Do you have a practice schedule?

YES → Stick to your schedule.

NO ↓

Create a schedule.

I'm Stuck on a

Difficult Task:

Can you simplify the task or seek help?

YES → Simplify or ask for help.

NO ↓

Switch to a different task and return later.

I've Got Too Much

to Do and Too

Little Time:

Can you break down your tasks into smaller steps?

YES → Break down tasks.

NO ↓

Prioritise tasks.

I'm Too

Distracted:

Can you remove distractions?

YES → Minimize distractions.

NO ↓

Try mindfulness and focus techniques.

I Think I'm Losing

Interest:

Have you varied your routine?

YES → Keep varying your routine.

NO ↓

Introduce new elements, make it fun!

I'm Not Sure How to Prioritise:

Can you identify the task with the biggest impact?

YES → Start with that task.

NO ↓

Use the Eisenhower Matrix in my practice planner.

I'm Not Seeing

Progress:

Are you tracking your practice?

YES → Review progress.

NO ↓

Start tracking or recording, and you'll see your growth!

I'm Comparing Myself to Others:

Can you limit comparisons and find inspiration instead?

YES → Focus on your journey and use others as inspiration.

NO ↓

Remind yourself of your unique path and achievements.

It's Boring Me

to Tears:

Can you add fun elements to your practice?

YES → Add fun elements.

NO ↓

Take a break.

I Need

Motivation:

Can you have inspiration or accountability instead?

YES → Pick one and go with it.

NO ↓

Find a new practice buddy or reward system.

I'm Physically or Mentally Tired:

Can you rest and recharge or schedule wisely?

YES → Take time to rest and plan sessions for peak times.

NO ↓

Adjust your schedule to allow for more rest.

I Don't Have the Right Equipment or Environment:

Can you optimize your space or find alternatives?

YES → Optimize your space or use alternatives.

NO ↓

Focus on other skills that don't require the missing equipment.

I'm A

Perfectionist:

Can you set focus on progress over outcome?

YES → Set realistic standards and celebrate progress.

NO ↓

Acknowledge that mistakes are part of learning and move forward.

Thank you for being a part of my world!

You've got this — and I believe in you ❤️

Always rooting for you,

Gökçe

