Procrastination Ruster Pheatsheet

Feeling stuck and overwhelmed? Let's change that!



I Don't Know Where to Begin:

Do you have a clear idea of your goals?







Brainstorm and write down goals.

I'm Feeling Overwhelmed:

Do you have a practice schedule?

Create a schedule.

NO



Stick to your schedule.

I'm Stuck on a **Difficult Task:**

Can you simplify the task YES or seek 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?

NO

Prioritise tasks.



Break down tasks.

Can you remove distractions?

I'm Too

Distracted:

Minimize distractions.

I Think I'm Losing Interest: Have you varied your routine?

Keep varying your routine.



Try mindfulness and focus techniques.



Introduce new elements. make it fun!

I'm Not Sure How to Prioritise:

Can you identify the task with the biggest impact?



Start with that task.



Are you tracking your practice?



Review progress.



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

I'm Comparing Myself to Others:

Can you limit comparisons and find inspiration instead?



Focus on your journey and use others as inspiration.



Remind yourself of your unique path and achievements.

It's Boring Me to Tears:

Use the Eisenhower Matrix

in my practice planner.

Can you add fun elements to your practice?



Add fun elements.



Take a break.

I Need

Motivation:

Can you have inspiration YES or accountability instead? Pick one and go with it.



Find a new practice buddy or reward system.

I'm Physically or **Mentally Tired:**

Can you rest and recharge or schedule wisely?



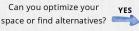
Take time to rest and plan sessions for peak



Adjust your schedule to allow for more rest.

I Don't Have the **Right Equipment or Environment:**

Can you optimize your



YES Optimize your space or use alternatives.



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

I'm A Perfectionist:

Can you set focus on progress over outcome?



Set realistic standards and celebrate progress.



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,







