



# Overcoming Procrastination

In the order of importance, list your top three values. In the second column, list your goals that support these values. In the third, list the steps to take to reach those goals and support those values.

Values	Goals	Actions
1.		
2.		
3.		

Consider your values. How do these relate to procrastination? When you procrastinate, are you choosing to be true to yourself and your values? Give yourself the choice- you can procrastinate, or you can take the steps necessary to reach your goals, which in turn help you live true to your values. Be careful not to judge yourself for your choices. If you choose to put something off, there might be a valid reason.