

The Untapped Power of You ©

CD 2: Basic Principles and Procrastination



Self-Reflection

True or False:

1. One basic principle is “Be nice to your brain.”
True False
2. Arousal procrastination is sexual.
True False
3. Most people have all three types of procrastination.
True False

?? Questions

Describe your relationship with procrastination:

How often do you procrastinate in a given week?

Do you see a pattern?



Actions

Self-reflect on your procrastination patterns. List emotions connected to your procrastination here:

Jot down two action items you will take this week in addressing your procrastination: