managing the smart mind

Want to stop procrastinating?

Use this checklist. Ask yourself:

1. Am I extremely clear on what I need to do?
   => if not, get clarity
2. Do I really want to get it done?
   => if so, reconnect with your why
3. Can I sit with this feeling and do it anyway?
   => if yes, do it!
4. Are there any sucky saboteur thoughts running through my head? => clear them up
5. Can I create a less procrastinogenic environment? => do it
6. Can I gamify this? => do it
7. GET. IT. DONE.