

JUST START

HOW SIMPLY STARTING HOLDS ALL THE MAGIC

In episode 5, Kayla and I talk about PROCRASTINATION! It takes a little practice, but the concept of JUST STARTING is one of my favorite techniques when dealing with putting things off. Listen to episode 5 and use this tracker to celebrate each time you didn't procrastinate and JUST STARTED! Give yourself a high five...stickers are great for this!

YOU CAN DO THIS!

MON _____	TUE _____	WED _____	THU _____	FRI _____	SAT _____	SUN _____

JUST START!

MON _____	TUE _____	WED _____	THU _____	FRI _____	SAT _____	SUN _____

DON'T OVERTHINK IT!

MON _____	TUE _____	WED _____	THU _____	FRI _____	SAT _____	SUN _____

DONE IS BETTER THAN PERFECT

MON _____	TUE _____	WED _____	THU _____	FRI _____	SAT _____	SUN _____