

WHY DO WE POSTPONE ALL THE TIME?

Purpose of the process:

Examining our "back-yard" and creating real awareness for procrastination in our life.

In order to create a real breakthrough, focus on one thing you postpone for a long time.

Select 5 cards and follow the process >>>

1. Why do I postpone?

2. What do I lose from postponing?

3. What's keeping me from doing it?

This process map was developed by:

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**4. What quality do I have,
that could help me finish the assignment?**

5. What do I need in order to be a doer?

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