

“Take the L.E.A.D”

1. *What is one thing I have been putting off?*

2. *Reasons I’ve been procrastinating:*

1.
2.
3.

3. *How does it feel to be procrastinating on this task?*

4. *What is my typical mindset/attitude towards studying/school work?*

5. *What’s my “why” for college?*

6. *What’s my “why” for studying?*

7. *What motivational tools can I use to help me stop procrastinating?*

8. *Create an action plan to address the task you’ve been putting off by utilizing the above tool.*

9. *What are potential obstacles that could derail me in accomplishing my task? AND – what will I do to overcome the obstacle(s)?*

Obstacle	Strategy to Overcome It