



Joyful Achiever Worksheet

Theme 7: Busting Procrastination

This worksheet supports the 8 videos designed to help you identify the roots of procrastination, overcome mental resistance, and build momentum toward your goals.

Video 1: [The Hidden Fear Behind Procrastination](#)

Insight Recap: Procrastination is often fear in disguise — fear of failure, judgment, or success.

Reflection: What task have you been putting off, and what fear might be underneath it?

Action Step: Write down one task you've been avoiding and ask, "What am I afraid might happen if I succeed?" Then take one small action today.

Video 2: [The Momentum Myth](#)

Insight Recap: You don't need motivation to start — you need movement.

Reflection: What's one task you're waiting to "feel ready" for?

Action Step: Pick one small part of that task and work on it for 10 minutes today. Momentum builds from movement.

Video 3: [The Overwhelm Loop](#)

Insight Recap: Overwhelm kills action. Focus creates freedom.

Reflection: What is one priority that truly matters today?

Action Step: Write it down. Circle it. Complete that one task before moving to anything else.

Video 4: [Emotional Resistance, Not Time Management](#)

Insight Recap: Procrastination is not about time; it's about emotional resistance.

Reflection: What emotions come up when you think about your biggest task — boredom, fear, anxiety?

Action Step: Take one deep breath and say, "It's okay to do this imperfectly." Then start small.

Video 5: [The Power of the 5-Minute Rule](#)

Insight Recap: The hardest part is starting.

Reflection: What task feels too big to begin?

Action Step: Set a timer for 5 minutes and start. When time's up, you'll either stop with satisfaction or keep going with momentum.

Video 6: [Upgrade Your Identity](#)

Insight Recap: Confidence grows when you act like the person you want to become.

Reflection: What kind of person gets things done easily and on time?

Action Step: Write an "I am" statement: "I am consistent. I am a finisher." Read it out loud each morning this week.

Video 7: [Emotional Freedom Tapping for Procrastination](#)

Insight Recap: Procrastination is a stress response. Calming your body opens the door to action.

Reflection: Where do you feel resistance in your body when you think about your next step?

Action Step: Tap on the side of your hand and say: "Even though I feel stuck, I deeply and completely accept myself." Then take one small next step.

Video 8: Celebrate Progress, Not Perfection

Insight Recap: Reward effort, not outcome — that's how consistency grows.

Reflection: What progress did you make this week, even if small?

Action Step: Write down one win from today. Acknowledge it. Small wins create unstoppable momentum.

Daily Practice

- Choose one procrastination-busting habit to practice daily.
- Reflect each evening: "What small win did I complete today?"
- Celebrate effort, not perfection.