

## « I'll do it later» ACT and Procrastination Workshop

Task	Priority (1, 2 or 3)

What task do you choose to prioritize?

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Can you break the task into pieces?

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By which task (piece) will you start?

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Where, when, with whom?

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What outside distractions could interfere with the accomplishment of the task?

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If these external distractions interfere, then (write down how you will minimize them)

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What excuses will come up (thoughts)?

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What discomfort (emotions) will come up before or during the task?

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### **Committed action plan**

I am willing to feel:

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(your feelings: stress, boredom, doubts...)

in order to do:

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(task).

and move toward my values related to education such as:

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(what important for you about this task)

If distractions come up:

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I can:

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(write what you can do to minimize distractions).

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To help me remain focused, I will set my Pomodoro to

Minutes : \_\_\_\_\_