An Outstanding Day

Turning Procrastination Into Progress

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DAY 1: What Is Following Me Around?

What unfinished thing keeps quietly pulling at your attention, even when you are trying to rest or focus on something else?

- What task or responsibility immediately comes to mind today?
- What emotions do you connect to that unfinished thing?
- How long have you been carrying it mentally?

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DAY 2: The Weight Beneath the Task

What are you really avoiding when you put something off?

- Does this task make you feel overwhelmed, uncertain, or emotionally exposed?
- Are you delaying the action or avoiding the feeling attached to it?
- What story have you been telling yourself about why you have not started?

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DAY 3: Creating Movement

What is one small step that could help you stop feeling stuck?

- What would make the task feel more approachable today?
- What is the smallest possible action you could take?
- How do you usually feel after finally handling something you delayed?

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DAY 4: Mental Clutter

What unfinished things are quietly taking up too much space in your mind right now?

- What open loops keep resurfacing throughout your day?
- Which responsibilities create the most background stress?
- What would help you feel mentally lighter this week?

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DAY 5: An Outstanding Day

What would an outstanding day look like for you right now?

- Which completed task would bring the greatest sense of relief?
- What would change emotionally if you stopped carrying it?
- How can you approach progress with less pressure and more honesty?

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REFLECTION

How has procrastination affected your energy, peace of mind, or self-talk more than you realized?

- What patterns did you notice about the things you avoid?
- What helps you move forward with less resistance?
- What outstanding thing are you finally ready to face?