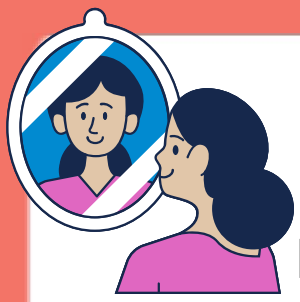


Group Activity

Making the connections with our model

🔹 Group Activity: What do you think your or others' assumption of why you are procrastinating often is?

Hint: ***Common Assumptions****:*

- *"I'm lazy"*
- *"I just don't want to do something because it's hard"*

Impact of Assumptions 🌊

- What kind of things might you say to yourself to get yourself to break through procrastination?

- How does that make you feel physically? What kind of response does that produce in your body **right now?**

Solutions Based on Assumptions 🔍

- What kind of solutions will you come up with if you think you are lazy or just don't want to do something?

🔹What about **If you see the task differently**:

- What different solutions might you come up with if instead, you understood the task as one that:
  - Overwhelms you?
  - Confuses you?
  - Makes you anxious?