



## Activity 2.1 Defining your goals

What do you want to achieve?

What do you need to do to get there?

How do you plan to get there?

Who will help you along the way?



## Activity 2.2 Name it to change it!

Ever found yourself in a similar situation? Who hasn't! Start charting your progress and ask yourself honestly:

What are the consequences of this? Where do you think you're at now? Do you keep going as you are, going it alone or do you need that kick-start to break the mould? Are you stuck with the negative or can you move forward towards the positive? What can you change?

Seeing a picture of your situation unfold with the help of your toolkit should make it easier for you to answer those questions, and to see whether you can get into gear and commit to change.

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<b>Do – when?</b>	<b>Name it to change it</b>	<b>Done – when?</b>
this week	plan assignment; work back from deadline date	...../...../.....  ...../...../.....

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### Activity 2.3 Scaling

Where do you fit on the procrastination scale? Circle your answer.

Are you someone who puts things off:

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all the time

most of the time

sometimes

hardly ever

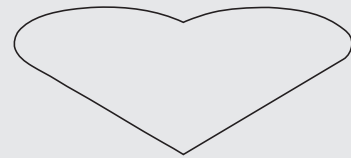
not at all



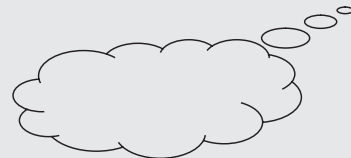
## Activity 2.4 So what's really stopping you?

Things that stop you	(✓)
fear of failure	
thoughts of getting started	
beginning the task	
making decisions	
keeping going	
completing the task	
taking time out	

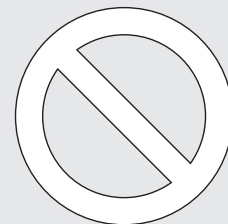
Name it, shape it!  
How does this make you feel?



What are your thoughts about it all?

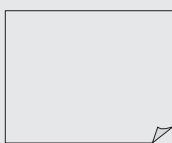


What's really blocking you?  
Can you say why?



Taking your current assignment, have you asked yourself the why, how and what questions, and worked out the consequences of all that? What's the most challenging thing about this pattern and your study approach? How does it affect your confidence and belief in your own ability in getting your thoughts down on paper? Why does it shape the way you work or the way you gather information, think things through, examine, rationalise or conceptualise things, or even define your learning? Lots of questions, I know, but they'll help you get to the root of why you're struggling with this assignment.

Can you sketch your current experience? Remember, it doesn't have to be perfect; match-stick men, shapes or symbols are fine – as long as it says something to you and about you. How about adding some colour? If you like storyboarding, then add some words too.



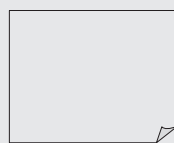

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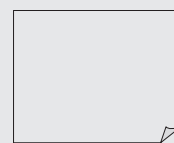

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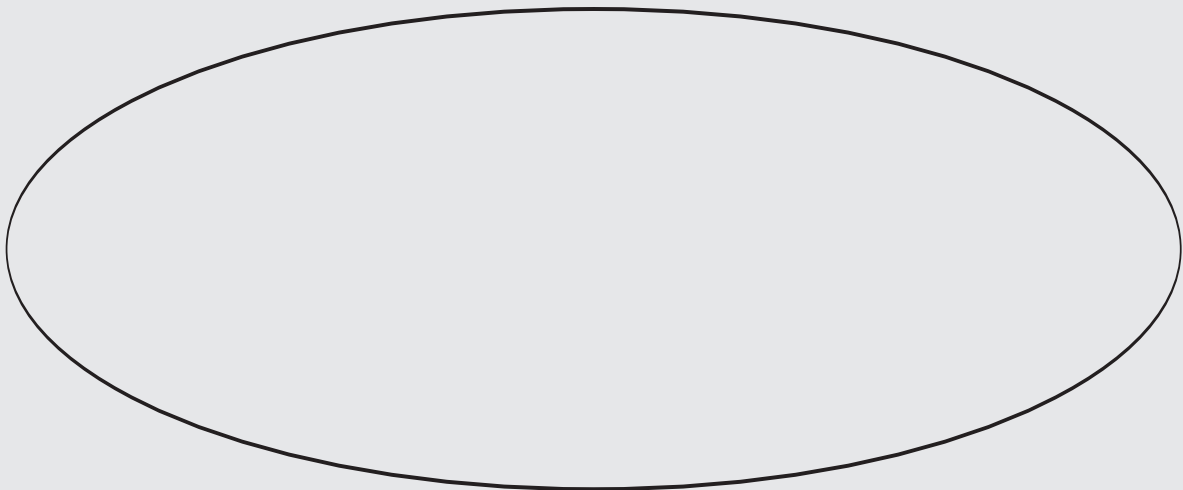
## Activity 2.5 Mirroring Janus

Think of two situations in your life: one where you've put things off and another where you've tackled things head on. Mirroring Janus will make you see that you're both part of the problem and part of the solution in this next step. Just as the problem lies within you, so does the solution. Be open and honest in your responses.

What I put off	What I tell myself	Consequences	How I feel about this

What I tackle	What I tell myself	Consequences	How I feel about this

Doodle the difference in your mirror responses – your life situation, attitude, goals, support, reward? More confidence, less stress?



What about your current assignment? Your problem, your solution – doodle it! What can you do differently?

Problem		Solution	
Consequences		Consequences	
How you'd feel		How you'd feel	



## Activity 2.6 Advertising you

Still struggling to think of the best in you? Okay, think! If you were an advertisement, how would you sell yourself? You're the latest gadget on the market and everyone wants one. What 'value for money qualities' do you possess? Working alongside a friend, jot down your 'value qualities' and convince the market! It's often easier for others to see your values and gifts, and give a different dimension to your story. Hearing your story verbalised is positive; the valuable will stick and you'll become unstuck.





## Activity 2.7 Name it, colour it!

If I focus, it'll be fine

This is too hard

I'll never manage this

I can do this

If I break it into small chunks, I'll manage a step at a time

I need to get it all right or there's no use

It's too much work. I can't handle this

I'm afraid I'll get it wrong and fail

I have the ability to do this

I'm just as good as the next one



## Activity 2.8 Scale your feeling

Circle your answer

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okay

better

positive

motivated





## Activity 2.9 Traffic light, all systems go!

Still putting things off? Why not try the traffic light system to look at the bigger picture, then prioritise and categorise things. Check your progress and what still needs to be done. Revisit your learning style (Chapter 1) or the assignment planning stage (Chapters 4 to 6), if need be. Stop putting off the reframing process – do it now! Oh, and remember to pencil in some ‘me’ time, so you get the balance of study and play in your student life.

Red tasks – attend to that day

Do	Done
Do	Done

Amber tasks – attend to within the week

Do	Done
Do	Done

Green tasks – can wait until next week or longer

Do	Done
Do	Done



## Activity 2.10 Complete your Procrastination Mapping Man

