“Take the L.E.A.D”

1. What is one thing I have been putting off?

2. Reasons I’ve been procrastinating:

   1.

   2.

   3.

3. How does it feel to be procrastinating on this task?

4. What is my typical mindset/attitude towards studying/school work?

5. What’s my “why” for college?

6. What’s my “why” for studying?

7. What motivational tools can I use to help me stop procrastinating?

8. Create an action plan to address the task you’ve been putting off by utilizing the above tool.

9. What are potential obstacles that could derail me in accomplishing my task? AND – what will I do to overcome the obstacle(s)?

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<th>Obstacle</th>
<th>Strategy to Overcome It</th>
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