



Ending Procrastination

Why do we procrastinate over our goals or begin a cycle of repeated attempts without success?

Join us as we define why the behavior of procrastination exists, causing intense suffering over unfulfilled projects or professional goals.

Benefits to You:

- ❖ Identify the behavior elements that hold procrastination in place for you
- ❖ Distinguish between intent and commitment to end the start & stop cycle
- ❖ Identify how you may be letting 'entitlement' keep you in the same place
- ❖ Identify the difference between boldness & recklessness
- ❖ Discover how to stop moving the 'blame' & stop the 'whining' process
- ❖ Learn the language tools that propel you to action & avoid derailment
- ❖ Rewrite your goals with action & true commitment for completion

Dates: 2/19/08 & 2/26/08

Hour: 1:00 pm Mountain Time

Cost: \$30 including participant worksheet