

## Unit 1.3 Overcoming Procrastination

### 3-2-1- Worksheet

#### How to use the 3-2-1 Method:

1. Think of a task that you don't want to do
2. Start counting down from three (3,2,1). Once you finish saying one...
3. Stop and finish the task. Go Finish it!

\*It must be something that is possible and something that you can do right there and then in the moment.

#### Apply the Method

Think of how you can use the 3-2-1 strategy for something that you usually procrastinate about. (*Example: I don't like taking out the garbage. So, when I have the thought that it needs to be taken out...I will say to myself '3-2-1....take out the garbage' and do it!*)

- a) What is **the task** that you are going to use the 3-2-1 Method for? You must try it out this week and then complete the rest of this assignment.
- b) After trying the 3-2-1 Method, **what were the results?** Did it work? If it didn't work, why do you think it didn't work?
- c) Did you try the 3-2-1 Method on anything else this week?

