



THE DELIBERATE ONE PRESENTS

UNSTUCK:

Overcoming Procrastination and Moving Forward with
Confidence

BY CHELSEA POWELL

W E L C O M E

Hi There!

Welcome to the guide to getting you unstuck! This workbook is designed to help you break free from the cycle of procrastination and self-doubt that may be holding you back from achieving your goals. Whether you're an entrepreneur, businesswoman, or anyone struggling with procrastination, this workbook provides practical tools and exercises to help you overcome resistance and take action towards your dreams. You'll explore the underlying fears and beliefs that may be contributing to your procrastination, and learn strategies to cultivate a growth mindset, build resilience, and stay motivated even in the face of challenges. By the end of this workbook, you'll have a roadmap for overcoming procrastination and achieving your goals with confidence and clarity. So let's get started!

*Chelsea
aka The Deliberate One*

ABOUT ME

At my core, I'm driven by a deep passion for guiding women back to their innate happiness and unwavering self-assurance. I offer my unwavering support to those who find themselves starting over, seeking liberation from stagnation, or yearning for enhanced well-being.

My own journey, marked by losses, shifts, and renewal, has shaped my mission.

Living and working in small town Ontario, with my partner Kevin, and Australian Shepherd Macy, building a life beyond our wildest dreams.



RELEASING THE PARKING BRAKE

Where are we procrastinating?



01 What are some of the tasks or projects that I've been putting off? Why do I think I've been avoiding them?

02 What are some of my fears associated with procrastination? Which of these fears are most prevalent in my life right now? (examples are [here](#))

03 How have my procrastination habits impacted my work and personal life? What have been the consequences of putting things off?

GETTING UNSTUCK

Exploring your thoughts and feelings around procrastination

Creating evidence

What are some strategies that have worked for me in the past to overcome procrastination? How can I implement these strategies in my current situation?

Micro Tasking

How can I break down overwhelming tasks or projects into smaller, more manageable steps? What are some specific actions I can take to get started?

Reinforcing the behaviours via outcomes

What are some positive outcomes that could result from completing the tasks I've been avoiding? How can I motivate myself to work towards these outcomes?

FEARS

associated with procrastination

Fear of Failure: Procrastination can stem from a fear of failure or a fear of not meeting one's own or others' expectations. This fear can lead to avoidance of tasks or self-sabotage, which can ultimately result in failure.

Fear of Success: Procrastination can also stem from a fear of success or a fear of the unknown. Achieving success may bring new responsibilities or challenges, and some individuals may feel anxious about the changes that may come with success.

Fear of Discomfort: Procrastination can be a way of avoiding discomfort or difficult emotions, such as anxiety or stress. This fear can lead to avoidance of challenging tasks or situations that may cause discomfort.

Fear of the Unknown: Procrastination can be a way of avoiding the unknown or uncertain aspects of a task or situation. This fear can lead to avoidance of tasks or decision-making, which can result in missed opportunities.

Fear of Being Judged: Procrastination can stem from a fear of being judged by others, such as fear of criticism, rejection, or disapproval. This fear can lead to avoidance of tasks or self-doubt, which can ultimately impact self-esteem and confidence.

By understanding these fears, you can begin to identify the root causes of your procrastination and take steps to overcome it.

START WITH YOUR BODY

to move through procrastination

Dropping into the body to sense how you're feeling can be a helpful mindfulness technique to help you become more aware of your emotions and physical sensations. Here are some simple steps you can take to drop into your body and check in with yourself before starting your work day:

1. Find a quiet and comfortable space where you won't be interrupted.
2. Sit or stand with your feet planted firmly on the ground.
3. Take a few deep breaths, inhaling through your nose and exhaling through your mouth.
4. Close your eyes or soften your gaze.
5. Bring your attention to your body, starting with your feet and working your way up to the top of your head.
6. Notice any physical sensations in your body, such as tension, discomfort, or relaxation.
7. Notice any emotions that may be present, such as anxiety, excitement, or sadness.
8. Take a few more deep breaths, focusing on the sensation of your breath moving in and out of your body.
9. When you feel ready, open your eyes and take a moment to reflect on what you noticed during the exercise.

By dropping into your body and sensing how you're feeling, you can gain greater awareness of your emotions and physical sensations, which can help you approach your work day with greater clarity and focus.



WANT LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a complimentary connection call.

[SCHEDULE A FREE CALL](#)



WANT TO HELP?



I hope you found value in the tips and advice that I've shared with you here.

If you've tried any of the tips and found them helpful, I would love to hear from you! Head over to my social media pages and tag me (@thedeliberateone) in a post or story, and share your experience with the tip. Not only will it make my day to hear from you, but it will also help other people to see the real-life impact of the tips that I share. Thank you for your support!

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