



JOURNAL PROMPTS FOR WHEN YOU ARE EXPERIENCING PROCRASTINATION & PERFECTIONISM

1. What tasks or projects am I currently avoiding, and why do I think I'm avoiding them?
2. How do I feel when I put off tasks or delay starting them? What emotions come up for me?
3. Remember that recent perfectionism freak-out? Let's spill the beans on what triggered it and how it felt.
4. Have you ever managed to get stuff done despite feeling like everything had to be perfect? How'd you pull that off?
5. What's a baby step you could take to tackle a daunting task you've been avoiding due to perfectionism?

Remember, journaling is a personal journey, so feel free to explore these prompts at your own pace and in whatever way feels most authentic to you!



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