



What's Draining You? Next Steps

1. Review the items you've checked in the What's Draining You list.
2. Make a list of any items you've added to the checklist.
3. As you review them, choose 5-10 items that you'd most like to handle now and list them below.

My Top Ten Procrastination List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Do it!

Hire it!

Chuck it!

Restore Your Life Energy!