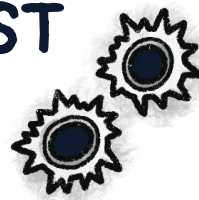




PROCRASTINATION HIT LIST

Gotta catch 'em all



What it is:

- Drawing your most-avoided tasks as cartoon villains and taking them out, one-by-one

Works best for:

- **Things that:**
 - You *really* don't want to deal with
 - You've been putting off for a long time
 - Make your brain scream "UGGGHHHH" when you think about them
- **People who:**
 - Enjoy doodling
 - Get tired of standard "to-do" lists
 - Prefer knocking out a bunch of things at once (instead of slowly over time)

You'll need:

- ☐ Something to write/draw with
- ☐ Things you've been avoiding

How it works:

1. **Sit for a minute and brainstorm** all of the tasks you've been actively avoiding
2. **Write a task name** on the bottom line of each "Wanted" poster
3. **Draw a silly doodle for each**, turning the task into a character
4. **After completing a task**, stab a pencil or pen through the paper so you know the mission is complete. KAPOWWWW!

Tips:

- **See how many tasks you can knock out in just one sitting!** It's fun to ride the momentum wave and see if you can get all nine at once
- **Draw out all the posters** at once if you can, but if you need to do it over time, no biggie

"BuT I cAn'T dRaW!!!"

Doesn't matter. I promise.

Who's gonna see this but you? It should be messy and imperfect. This isn't going in an art museum or on social media.*

Don't convince yourself you'll fail before you even try. Give yourself 15 seconds and doodle whatever comes to mind. If it helps, look up some clip-art illustrations to use as a reference!

*If you still don't want to even *attempt* a quick doodle, just write out the task name... and maybe check out the [Discouraged](#) section on page 221. ♥*



**Unless, y'know... you want to show off your most-wanted list on the interwebz (#AntiPlanner)*

