

Day 1: Understanding Your Fear - The Foundation

Identify the specific fears driving your avoidance patterns

20 minutes

Fear Inventory

Morning Check-in (2 minutes)

Daily Questions: - What am I avoiding today and what fear is driving it? - What is one small step I can take toward a feared task? - How can I show myself compassion around this challenge? *Write your responses here:* ---

Fear I'm experiencing today: _____

Avoided task: _____

One small step: _____

Main Exercise: Fear Inventory (15 minutes)

Purpose: Map the specific fears that fuel your procrastination patterns

1 Step 1: Identify Your Current Avoidance (5 minutes)

Think about tasks you've been putting off. List 3-5 specific items:

1. _____

2. _____

3. _____

4. _____

5. _____

Single Small Step Commitment (2 minutes)

Purpose: Build momentum with minimal action Choose ONE tiny action (5 minutes or less) toward a feared task: ---

My commitment for today: _____

When I will do it: _____

****How I expect to feel before:**** _____

Evening Reflection (1 minute)

Did you complete your small step? Yes / No ---

****How did you actually feel during/after:**** _____

****What did you learn about your fear today:**** _____

Tomorrow's Preparation

Tomorrow we'll start tracking how your emotions connect to your avoidance patterns. Keep your fear inventory handy as a reference. *"Every fear I name loses some of its power over me. I am building awareness, not judgment."*

Courage Building Thought:

"Every fear I name loses some of its power over me. I am building awareness, not judgment."