



Introspection Questions

Which of these are the root causes of my procrastination?

- Fear of failure
- Perfectionism
- Lack of self-confidence
- Overwhelm
- Lack of clarity

Overcoming perfectionism and embrace a "good enough" mentality - which of these connect with me?

- Recognizing the diminishing returns of perfectionism
- Setting realistic standards
- Emphasizing learning and growth over perfection

How can I build motivation and maintain momentum?

- Who supports me?
- How am I rewarding yourself for accomplishments?
- Who or what system is holding me accountable?