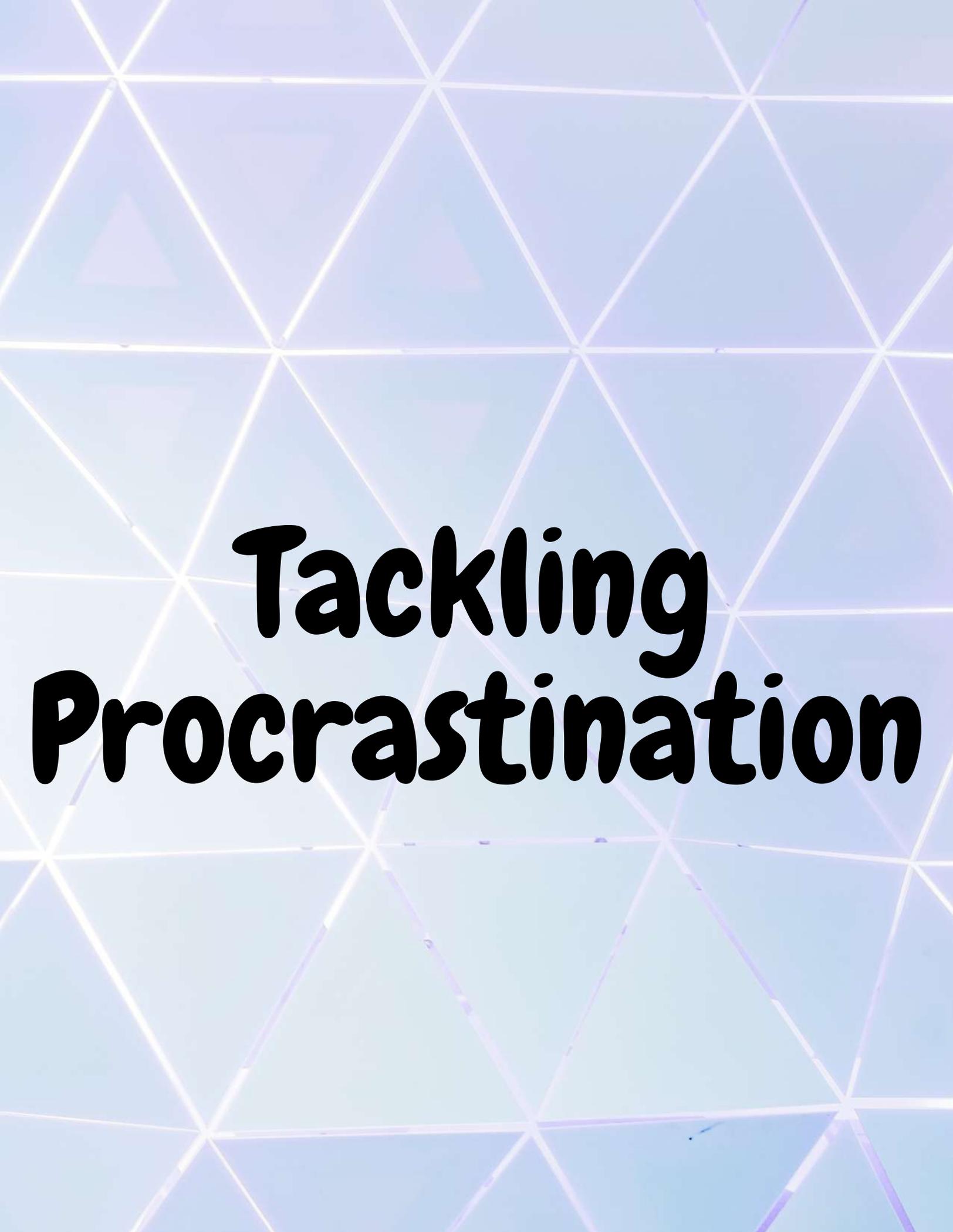


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journey of
self-growth be
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Tackling Procrastination

Day 12

"Great things are not done by impulse, but by series of small things brought together." Vincent Van Gogh

For today's exercise read and reflect on breaking down tasks. No writing is required.

To break down a task you have to break it into small pieces. This helps to make a step by step guide for yourself. We feel less overwhelmed when completing a small task, and the action further motivates us to continue.

It is all about the small wins.

Tomorrow you will break down a task and reflect on how breaking down the task helped you.

Breaking down tasks helps overcome procrastination.

Let's use writing a blog as an example

- .First, come up with a blog topic
- Look up the keywords regarding the topic to see if they are searchable words.
- Then start researching the topic
- Write down the headings you want to be covered within the blog.
- Create a framework
- Write description for the blog
- Start writing the blog
- Edit the blog
- Choose a picture for the blog
- Add any relatable links and keywords

