

Homework Week 1:

Step 1: Set a time for each of your TWO study buddy calls. These calls are where you practice. Do the Drills, Get the Skills.

If you Don't do the Drills – then you wasted your time and money AND you deprive your study-buddy of their opportunity to master their skills.

BIG Integrity expectation: Always make your study buddy calls!

On each of your study-buddy calls this week:

You (and your study buddy) have **already** chosen ONE context where you get overwhelmed and ONE context where you procrastinate. If one of the things you habitually procrastinate on is making plans and schedules, that IS your choice for week 1. It's OK if your overwhelm and procrastination are the same context.

Supportive Communication reminders:

- You are gathering information, NOT fixing a problem.
- Never make the other person wrong.
- Be intensely curious – getting an understanding of how this person works will give you important insights into yourself. Ask your buddy enough questions so that YOU could stand in for them on their overwhelm and procrastination and know WHEN to feel overwhelmed and when to procrastinate.

Using Supportive Communication,

- Find out the details of what it means for your buddy to be overwhelmed.
 - i. What's it like for them?
 - ii. How does it start, what are the consequences?
 - iii. What are they attempting to do that leads them to overwhelm?
- Find out the details of what it means for your buddy to procrastinate.
 - i. What's it like for them?
 - ii. How does it start, what are the consequences?
 - iii. What are they attempting to do?