

### Homework Week 3

This homework is focused on DESIRE. It will work most cleanly on procrastination. You can use these questions on a overwhelm – just leave out the last two questions.

Say to your Study Buddy:

Choose one of your three procrastinations. Make it a specific procrastination, not a general thing. E.g. “I’m delaying calling Joe Smith” and not “I tend to delay making calls if I’m not fully prepared.”

1. What is the outcome that you want? Be specific and complete.
2. Is that stated in the positive? (I.e. focused on what you WANT, not on what you DON’T want).  
Watch for subtle
3. Is that under your control?
4. How, IN DETAIL, will you know you’ve achieved that outcome?
5. Describe, IN DETAIL, what your life will be like what that outcome has been achieved.
6. Is it sensible to break this outcome into a series of smaller outcomes? If so, can you answer all these questions about each of those smaller outcomes? Do you know how to achieve each of the smaller outcomes?
7. What will achieving this outcome do for you? Is this the “real” desire”? If ‘yes’, ask the same questions about the deeper outcome. The deeper outcome is now your understanding of what you’re procrastinating about.
8. Do you have permission to want this? <Often, procrastinating implies a ‘no’.)
9. Does this apply to you? (I.e. Talented people can do this easily, but not me.)
10. What is the short-term outcome that tempts you away from the big outcome? Ask the same questions about it.
11. “See” those two desires side by side – the big one and the little one. What priorities must you have in place for you to choose the little one over the big one?