

## Getting to the Root of Procrastination

**1. What are you currently procrastinating on?**

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**2. What are you choosing to do or where are you focusing your energy instead of on the activity you mentioned in question #1?**

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**3. On a scale of 1-10 (10 being urgent) how big of a priority is this activity? \_\_\_\_\_**

**4. Have you put a deadline in place? If yes, when is it?**

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**5. Choosing to do (answer to question #2) instead of (answer to question #1), does this feel empowering or disempowering?**

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**6. List all the positive intentions for procrastinating? It may not seem like it, but if procrastination wanted something positive for you, what would that be?**

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**7. What if anything might you have to let go of in order to take one step forward?**

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If you still need help to get to the root of your procrastination, please reach out to me and I will help you uncover what has been slowing you down from moving forward.

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ANA-MARIA GEORGIE (LUNAVODA.COM)

I typically charge \$180/h for these sessions, but because you're reading this blogpost, this session is my gift to you.

***All you have to do is show up for yourself.***

Invest 60 minutes of your time, and I guarantee you will walk away with at least one major “aha” about why you are stuck and how to get unstuck.

**Send an email to [lunavoda@icloud.com](mailto:lunavoda@icloud.com) to secure your complimentary “DECLUTTER MY LIFE” SESSION.**

This invitation is only valid while there are spots in my calendar.

Spots do fill quickly, so if this is something that's calling to you, then take the leap. You have nothing to lose, and only CLARITY AND PROGRESS to gain.

**Your Biggest Cheerleader,  
Ana-Maria**