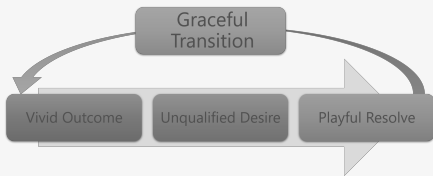


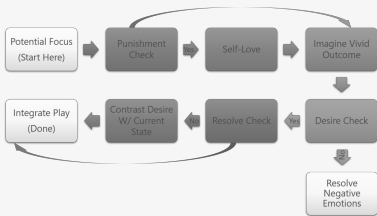
ProcrastinationPlaybook.net



The Motivation Cycle



Making Motivation Flowchart



Key Terms

- Vivid Outcome** A clear image of what it will be like when there are no more actions left..
- Unqualified Desire** The sense of wanting something without resistance.
- Playful Resolve** The sense that you WILL achieve something, and that you'll have fun doing it.



By ProcrastPlaybook

cheatography.com/procrastplaybook/

Motivational Contrasting



How to Create a Vision Plan

- 3 Year Vision with Unqualified Desire
- Contrast with Current State
- Ask How
- Create Intermediate Visions
- Recurse Until You Get To Tomorrow

Creating a "Play List"

- List out Things You Enjoy For Their Own Sake
- List Out What You Enjoy About Them
- Put The Commonalities In a List

How to Express Love To Yourself

Pretend You Are A... Talking To A...

Parent (With Unconditional Love)	Child
Friend	Best Friend
Pet Owner	Puppy (Or Other Cute Animal)

Transitioning From Self-Loathing to Self-Love



The Morning Lovefest Habit

Every morning, spend some talking to yourself using your self-love expression tools. Get into a habit of expressing love to yourself!

The Play Maker - Generating Playfulness



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