Cheatography

Prevent Pressure - The Procrastination Playbook Cheat Sheet by ProcrastPlaybook via cheatography.com/122578/cs/22831/

	stinationPlaybook.net		
P Procrastination Playbook		"Grant me the serenity to accept the things I cannot change, Courage to change the things I can, and the Wisdom to know the difference."	Can I accept this?
			Will I accept this?
			When will I accept this?
Prevent	t Pressure Flowchart	Byron Katie's Four Questions	Process Possibilities
Recogner Recover Re		Is that true?	Perceptise and "Si Wah" Relative and Negative Teelings Will resisting Bengst Dengst Cost
		Can I be absolutely sure it's true?	
		How do I react - what happens - when I believe it's true?	The Processing Loop
		Who would I be without this belief?	Page and Pag
1 Alion possibility of other op 2 Notice other options 3 State State Mark States 2 Can the area its tool	dow Produce 1. Check of Reliang Engeneration 1. Check of Reliang Engener	Allow Possibility of Other Options Options Feelings Options	
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	And the second s	of Other Options and Options Feelings Four Questions	
Key Ter	And the second s	Options and of Other Options Prour Questions Feelings Produce Possibilities	
Key Ter	True Allow yourself to recognize that you have a choice and there are	Options and of Other Options Prour Questions Feelings Produce Possibilities	

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