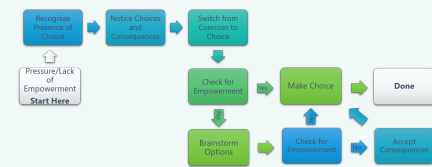


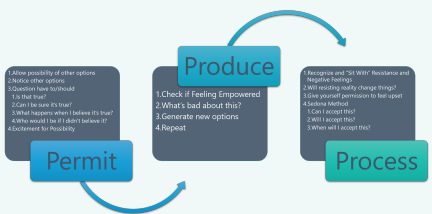
### ProcrastinationPlaybook.net



### Prevent Pressure Flowchart



### 3 Step Process



### Key Terms

- Permit** Allow yourself to recognize that you have a choice and there are options..
- Produce** Brainstorm new empowering options.
- Process** Accept any negative aspects of the option you choose.

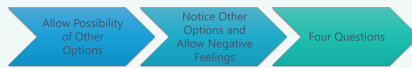
### The Serenity Prayer

"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."

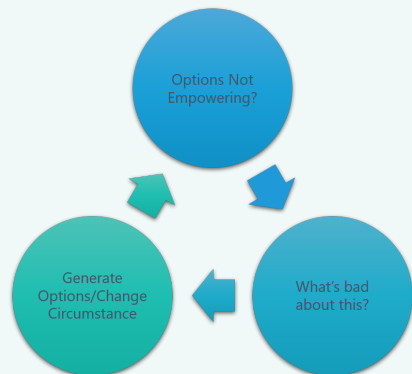
### Byron Katie's Four Questions

- Is that true?
- Can I be absolutely sure it's true?
- How do I react - what happens - when I believe it's true?
- Who would I be without this belief?

### Permit Possibilities



### Produce Possibilities



### Sedona's 3 Questions

- Can I accept this?
- Will I accept this?
- When will I accept this?

### Process Possibilities



### The Processing Loop



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