

**Keep track of the tasks you put off.** Think about what these tasks are and write them down. Think about why you put them off. Look for ways you can make harder tasks easy and fun.

<b>What are the difficult tasks I put off?</b>	<b>What can I do to make them easier and more fun?</b>
<b>1.)</b>	
<b>2.)</b>	
<b>3.)</b>	
<b>4.)</b>	
<b>5.)</b>	
<b>6.)</b>	
<b>7.)</b>	
<b>8.)</b>	
<b>9.)</b>	
<b>10.)</b>	