

A man with short, graying hair and glasses is sitting at a white table. He is wearing a dark blue button-down shirt with a brown leopard print pattern. His hands are clasped in front of him on the table. The background is a blurred indoor setting with a colorful abstract painting on the wall.

**ACTION GUIDE**

# Procrasti-**NOT**

HOW TO KICK THE HABIT AND GET STUFF DONE

This Action Guide will serve as your roadmap to overcoming procrastination. Prepare for an infusion of clarity, ease, and productivity.



## MEET PAUL BOEHNKE, PCC, ELI-MP

### Life and Leadership Coach

Paul Boehnke, sought after speaker, author and certified life coach helps millennials, coaches, and business leaders become more effective by clearing the fog of doubt, self-criticism and overthinking that prevents them from realizing their true purpose.

As a classical musician, Paul Boehnke stumbled on a unique process that not only helped his performances but could easily be applied to taming the negative thoughts of his inner critic. Then he realized this process not only works for him but works for everyone, musician or not.

In his book, "Thoughts On Demand: Turn Negative Self-Talk into Unstoppable Confidence" he shares the process that he uses to help clients transform that little voice in their heads that argues for their limitations into a champion of their potential instead.

He has been a featured speaker for many organizations, a few of which include:

- Land O'Lakes
- Numerous International Coach Federation (ICF) events including their global conference in 2023
- The White Box Club
- SEGC of Minnesota
- Eagle Group of Minnesota Veterans
- Jewish Family Service of St. Paul
- Numerous podcasts

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<https://thoughtsondemand.org>



**HOW DOES PROCRASTINATION SHOW UP FOR YOU?**

**WHAT ARE THE COSTS OF PROCRASTINATION IN YOUR LIFE?**

**THE TWO BASIC DISGUISES PROCRASTINATION USES**

## **FOUR COMMON PAYOFFS FOR PROCRASTINATING:**

## **FIVE STRATEGIES TO GET PAST PROCRASTINATION**

## **THE MOST IMPORTANT STRATEGY...**

## HOW TO SET GOALS THAT YOU CAN ACHIEVE

I =

A =

M =

What's the **very first** step toward achieving the goal from above? Use that to create a SMART goal.

S =

M =

A =

R =

T =

## NEXT STEPS

For Those Who Really Want To **Get Stuff Done**

If you'd like **one-on-one support** on your journey of overcoming procrastination (and anything else that's caused by the stories you tell yourself), know I'm here to help. Just **click the link below** (or scan the QR code) to set up a no cost, no obligation consultation. A year from now, you'll be so glad you did. Don't procrastinate on this too!

**FREE Strategy Session**

<https://paulboehnke.com/strategy/>

