



No Stress

Resources

Please explore:

- Creative Thinking Skills Scale
- Leadership/Collaboration/Communication Teambuilding/STEM Scale
- Creative and Critical Thinking Resources List
- Your Gifted Bibliotherapy
- Gifted Education Resources for Parents
- The Psychology of Procrastination: Understand Your Habits, Find Motivation, and Get Things Done

Creative Thinking Skills Scale

Reflection/Comments:

	1	2	3
FLUENCY	Lists a few ideas and responses	Lists a sufficient number of ideas or responses	Brainstorms numerous unique and unexpected ideas or responses
FLEXIBILITY	Perceives or approaches the problem in a different way with assistance	Perceives or approaches the problem in a different way	Perceives or approaches the problem in a number of different ways from different angles and perspectives
ORIGINALITY	Came up with an idea that was reorganization of a past idea	Came up with a new idea that took an old idea and made it better, more efficient, and/or effective	Generates many clever, unique, innovative ideas that has great value to others
ELABORATION	Adds details, expands, or embellishes ideas with assistance	Expands, develops, and embellishes ideas by adding details	Expands, develops, and embellishes ideas by adding details and making changes that enhances the outcome
CURIOSITY	Demonstrates little inquisitiveness and desire to know more about a topic	Demonstrates questioning about topics and pursues additional information	Demonstrates a high degree of questioning, seeks additional information and independent study
RISK-TAKING	Deals with unstructured situations, experiments and guess with assistance	Takes chances, predicts, guesses, and experiments to a sufficient degree	Demonstrates a high degree of willingness to take chances, defend ideas, experiments, predicts, and puts plans into action
COMPLEXITY	Deals with problems; brings order to situations, deals with change when assisted	Seeks alternatives, deals with change and problems, and brings order to situations	Seeks alternatives; deals with intricate problems and ideas, and develops plans into logical order
IMAGINATION	Visualizes plans, ideas, and thoughts when assisted	Visualizes plans, ideas and thoughts; sees beyond the practical	Visualizes and imagines plans, thoughts, ideas, outcomes, and consequences to a high degree

Leadership/Collaboration/Communication Teambuilding/STEM Scale

	0	1	2	3
Creative Thinking	Does not contribute any ideas to the team	Contributes a limited amount of ideas to the team	Contributes ideas to the team	Contributes many useful and relevant ideas to the team
Sharing of workload	Does not share the task assigned with the team members	Shares some of the workload with other team members (either does most, if not all the work, or little to none of the work)	Shares the workload with other members of the team	Is aware of all members' duties, understands when others may need help, and offers help without being asked
Responsibility	Does not take any responsibility for tasks assigned	Takes limited responsibility for assigned duties or blames others when own duties are not performed or completed	Takes responsibilities for duties as assigned	Takes responsibility for duties as assigned and keeps others aware of own progress/Seeks help when needed
Discussion	Does not participate in group discussions	Participates but may control the conversation or offers little relevant information or support	Effectively participates in group discussions, using positive reinforcement to encourage others' point of view or participation	Exceptional leadership skills, who encourages, reinforces, and supports others/Is balanced in speaking and listening
Listening	Does not exhibit listening behaviors or active participation	Listens to group members but does little to support the group dynamic through negative body language or attitude	Effectively uses and exhibits positive listening techniques that encourage others to speak, generate ideas, or develop their thoughts	Exceptionally effective listener who uses body language, voice cues, and facial expressions to encourage and support others
Cooperation	Does not cooperate with other team members	Cooperates with some team members but not all	Cooperates with all team members	Considered to be a critical member of the team
Preparation	Is never prepared	Is prepared some of the time	Is prepared for discussions, activities and projects	Helps others prepare for discussions, activities & projects
Mindset	Has a negative attitude	Is neither a positive or negative influence on the team	Is a positive influence on the team	Positive and is often the person others turn to for support
Flexibility and Respect	Does not consider others' ideas, points of view and thoughts	Considers others by may not be respectful	Respectfully considers others' perspectives	Supports others and may even analyze unique or different ideas

Language Arts

- BOGGLE
- Scrabble
- Pairs in Pears
- Bananagrams
- Think Pinks
- Rhyme Out
- Double Duel
- PDQ
- Plexers
- Quiddler
- Scrabble Slam
- Anaxi
- Scattergories
- Scattergories Categories
- Quicktionary
- Listography
- Story Cubes
- Mysteries
- Whodunits
- Apples to Apples
- Snippets
- Codenames
- Outburst
- Taboo
- Word-a-Round
- No Pun Intended
- Brain Spin
- Disruptus
- Mockups
- Brain Blox
- Straws and Connectors
- Keva Planks
- Brain Builders
- Tin Man Press Resources
- 60 Second Slam
- Think Fast
- Speedy Recall
- Zoot!

Mathematics/Patterns/Logic/Spatial Reasoning

- Equate
- Logic Links
- Origami
- Yap/Yahtzee
- Racko
- Sphero/OSMO
- Makeblock mbot
- Ozobots
- Head Full of Numbers
- 7 ATE 9
- Scramble Squares
- Blokus
- Sudoku
- Q-Bitz
- Qwirkle
- SET

Robotics/Engineering

- Chess
- Mobi Math
- PROOF!
- Dash and Dot Robots
- Snap Circuits

Your Gifted Bibliotherapy

ANXIETY/ STRESS	PERFECTIONISM/MINDSET
What to Do When... Series	The Girl Who Never Made Mistakes
Wilma Jean the Worry Machine	Penelope Perfect
Last to Finish; The Story About the Smartest Boy in Math Class	The Dot
Outsmarting Worry	The Perfectionism Workbook
The Relaxation and Stress Reduction Workbook for Kids	Beautiful OOPS
Worry Says What?	I Am Not Afraid to Fail
Conquer Anxiety Workbook for Teens	Mistakes That Worked
Coping Skills for Kids Workbook (Stress, Anxiety, and Anger)	The Koala Who Could
Breathe Like a Bear	The Book of Mistakes
I Bet I Won't Fret	What Do You Do with a Problem?
A Little Spot of... series	Famous Fails
Stressed Out! Solutions to Help Your Child Manage and Overcome Stress	Gifted or Goof Off?
Stop Overthinking	Trial or Triumph?
	Blunder or Brainstorm?
	What to Do When... Series
	A Little Spot of... series
EXECUTIVE FUNCTIONING	101 Success Secrets for Gifted Kids
	Growth Mindset Activities for Kids
101 Success Secrets for Gifted Kids	The Teen's Growth Mindset Workbook
Scattered to Focused	Accidents May Happen
Planning Isn't My Priority...And Making Priorities Isn't in My Plans	After the Fall
I Can't Find My Whatchamacallit!!!	Bubble Gum Brain
A Little Spot of... series	Grit and Bear It
The Teen's Growth Mindset Workbook	Y is for Yet
Your Rainforest Mind: A Guide to the Well-Being of Gifted Adults and Youth	Rosie Revere, Engineer
What to Do... Series	Iggy Pect, Architect
	Perfectionism: A Practical Guide to Managing

UNDERACHIEVEMENT/ MOTIVATION	EMPATHY/ KINDNESS
The Fantastic Elastic Brain	Tease Monster
The Most Magnificent Thing	The Judgmental Flower
What to Do When... Series	How Full is Your Bucket? For Kids
Doing Poorly On Purpose	Goodness Gracious, Gulliver Mulligan
Parenting Bright Kids Who Struggle in School	Strictly No Elephants
Teaching Tenacity, Resilience, and a Drive for Excellence	Nerdy Birdy
Learning to Be a Durable Person	The World Needs More Purple People
Coasting Casey	Enemy Pie
A Little Spot of... series	If Kids Ran the World
101 Success Secrets for Gifted Kids	I Can't Believe you Said That
Master Your Time in 10 Minutes a Day	How to Make and Keep Friends
Study Strategies for Early School Success	What to Do When... Series
Motivating Student to Light the Fire of Engagement	Teamwork Isn't My Thing, and I Don't Like to Share!
Bright, Complex Kids	Lying Up A Storm
The Interest Based Learning Coach	Listening with My Heart
Why Do They Act That Way: A Survival Guide to the Adolescent Brain for Your and Your Teen	A Little Spot of... series
Teaching Kids to Thrive	101 Success Secrets for Gifted Kids
	The Feelings Book
	The Invisible Boy
	Creating Kind and Compassionate Kids

Your Gifted Bibliotherapy

ADHD/AUTISM/TWICE-EXCEPTIONAL	EMOTIONAL REGULATION/ INTENSITIES
We're All Wonders	What do you do with a Problem?
What to Do When... Series	The Self-Confidence Workbook (Guide to Overcoming Self-Doubt and Improving Self-Esteem)
Aiden McGee Gets A Case of the "Actualities"	Soda Pop Head
All My Stripes (A Story for Children with Autism)	The Bad Mood and the Stick
Baxter Turns Down His Buzz (A Story for Little Kids About ADHD)	Lying Up a Storm
Where My Mind Goes During Science Class	It's My Way!
Keep Your Eyes on the Prize	Teamwork Isn't My Thing, and I Don't Like to Share!
Mrs. Gorski, I Think I Have the Wiggle Fidgets	Personal Space Camp
Different Like Me (My Book of Autism Heroes)	Some Days I Flip My Lid
All Too Much for Oliver	What If Everybody Did That?
Your Interests, My Interests (A Visual Guide to Playing and Hanging Out for Children on the Autism Spectrum)	Jilly's Terrible Temper Tantrums and How She Outgrew Them
The Impulsive, Disorganized Child	You Get What You Get
Misdiagnosis and Dual Diagnoses of Gifted Children and Adults (ADHD, Bipolar, OCD, Autism, Depression, and Other Disorders)	I Can Handle It!
	My Mouth is a Volcano
	Of Course, It's A Big Deal!
	What to Do... Series
	101 Success Secrets for Gifted Kids
	Why Do They Act That Way: A Survival Guide to the Adolescent Brain for Your and Your Teen
	2, 4, 6, 8 This Is How We Regulate! (Increasing Mindfulness in Children)
	Living with Intensity
	Emotional Intensity in Gifted Students (Helping Kids Cope with Explosive Feelings)

Gifted Education Resources for Parents

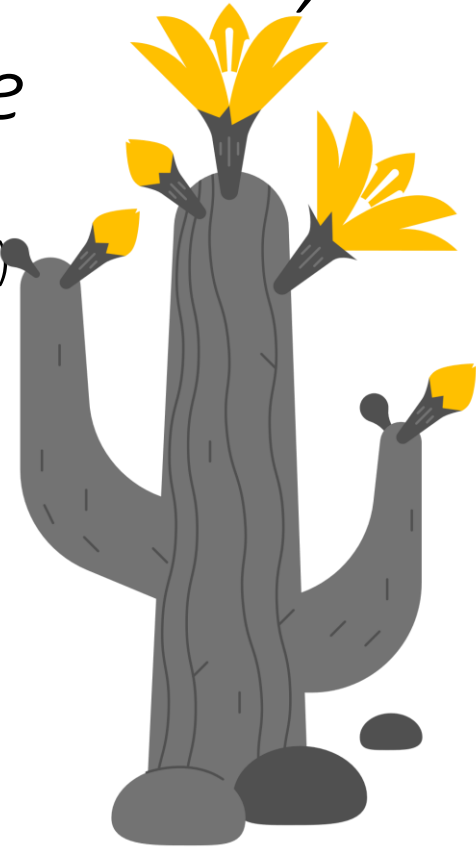
1. A Parent's Guide to Gifted Children by James T. Webb et al
2. Parenting Gifted Kids: Tips for Raising Happy and Successful Gifted
3. Emotional Intensity in Gifted Students: Helping Kids Cope with Explosive Feelings by Christine Fonseca
4. Why Smart Kids Worry and What Parents Can Do to Help by Allison Edwards
5. Smart, but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential by Peg Dawson and Richard Guare
6. Why Bright Kids Get Poor Grades and What You Can Do About It, by Sylvia Rimm
7. SENG, Supporting Emotional Needs of the Gifted, non-profit organization, www.sengifted.org
8. Mensa, oldest and largest high-IQ society in the world, www.mensaforkids.org
9. NAGC, National Association for Gifted Children, resources for educators and parents, www.nagc.org
10. FLAG, Florida Association for the Gifted, www.flagifted.org
11. Davidson Institute for Talent Development, articles on everything from perfectionism to underachievement, www.davidsongifted.org
12. https://www.amazon.com/hz/wishlist/ls/1O6IOM84Y3UP8?ref=wl_share

The Psychology of Procrastination

*Understand Your Habits, Find Motivation, and
Get Things Done*

By Hayden Finch, PhD (2020)

(Book PPT Summary by Heidy Brososky-Weaver)



What's up with Procrastination?

Procrastination means “in favor of tomorrow.”

It shows up in every area of life—school, work, phone calls, chores, bills, errands, etc.

Passive procrastination is when you mean to get started but put it off.

Active procrastination is making intentional decisions to postpone, hoping that time will enhance abilities.

It's tricky because when we procrastinate, we're still doing other things.

Procrastination is worse in college settings where between 70 and 95 percent of students consider themselves procrastinators, and half report it's a major problem.

Procrastination is due to a very complex interaction of psychological factors, including the way our brains process information, past experiences with procrastination, the actions we take when it's an option, and thoughts and feelings we experience.

Also, a tendency to procrastinate is inherited to some degree.

It's a psychological issue, and we can use psychology to overcome it. Two-thirds of this research has been conducted in the last decade.



About 94% of procrastinators report it has a negative impact on happiness and creates stress.

From the neuroscience perspective, procrastination is associated with more activity in the ventromedial prefrontal cortex, which helps us choose actions which are consistent with our values.

There is less activity in the anterior prefrontal cortex, which is involved in long-term planning.

Procrastination is also influenced by how different parts of the brain interact.

Moreover, stress activates the amygdala, which helps process fear and other emotions. When activated, the amygdala shifts our focus from future to present to deal with the active threat. However, we focus on what feels good which causes more problems down the road.

Weird Science!





Action leads to motivation.

Momentum is a far more powerful force than motivation; so, focus on action.

-- Hayden Finch, PhD (The Psychology of Procrastination, 2020)

Decide on what task to work on.

Our brains must balance what needs to get done with what we want to get done AND the energy and resources to do it.

Our brains can only handle a small amount of information at a time.

Have one or two (max three) priorities per day.

Keeping the list in your head ties up brain resources. Free up RAM by writing things down.

Practice focusing on the long-term quality of life, rather than happiness at the moment.

Chapter 5

Prioritize!

Adapted by H. Weaver from "The Psychology of Procrastination" by Hayden Finch, PhD, 2020

Eisenhower Matrix

Is it urgent, important, both, or neither?

Time-wasters include scrolling social media, watching YouTube videos and TV, and unnecessary shopping.

ABC Grouping

A group-MUST get done today or tomorrow.

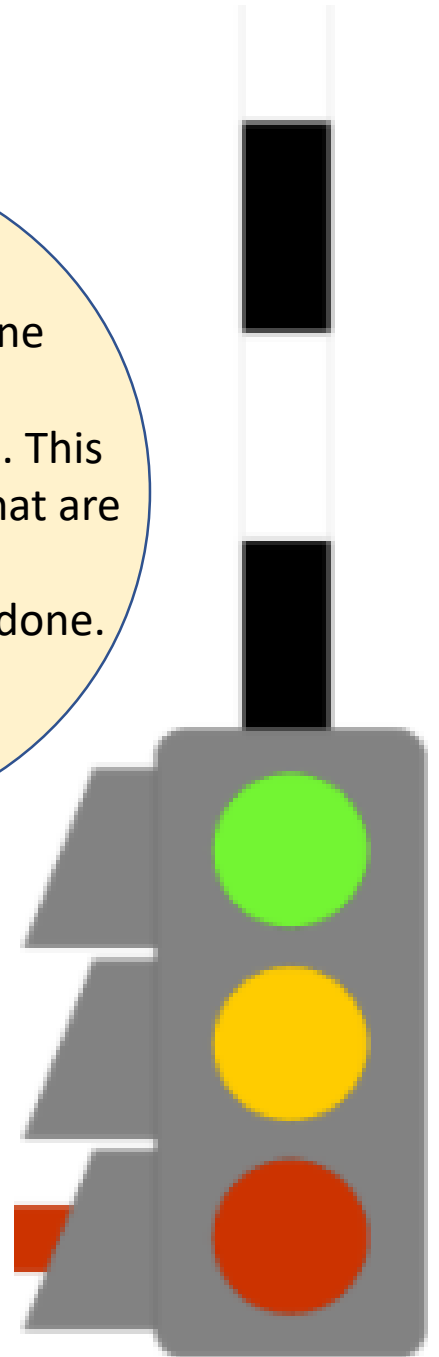
B group-Should get done. This includes bigger projects that are spread out.

C group-You want to get done. Do A before B and B before C.

Set Deadlines

Know when things are "due." If there is no due date, set a deadline for it.

Sticking to self-imposed deadlines can be challenging because there aren't external consequences. Remind yourself why you are doing this.



Chapter 5

Prioritize!

Cut Things That Don't Support Goals

Once you're certain which goal you want to focus on, review your to-do list and eliminate tasks that aren't consistent with future goals.

Sort by Estimated Time to Complete

Prioritize by sorting your list according to how long it takes to complete each item.

Prioritize by Consequences

Tasks with the highest priority should be those that come with serious consequences if they are delayed. Next, do ones with milder consequences. Finally, do few consequences.

Prioritize by Estimated Effort

Balance high- and low-energy tasks. Each day, choose one high-effort task and then spend the rest of your time working on tasks requiring less effort.

Prioritize by Impact on your Quality of Life

This is your overall state of well-being; it's how healthy, comfortable, and satisfied you are.

Ask yourself:
Will this task make my life easier?

Motivation is what helps us change ourselves, our situations, or our environment. It comes and goes and is highly influenced by what's going on *right now*.

Motivation is hardwired into our brains and interacts with our emotions. It follows what we want; so, it can be difficult for us to do necessary but unpleasant tasks.

The key is to commit to a goal *100%* and keep working toward it even on the days you don't feel like it.

Gain momentum. Once you've committed to a goal, focus more on the momentum of your actions than your motivation.

Chapter 6

Find Motivation!

Adapted by H. Weaver from "The Psychology of Procrastination" by Hayden Finch, PhD, 2020

What Future Would You Want?

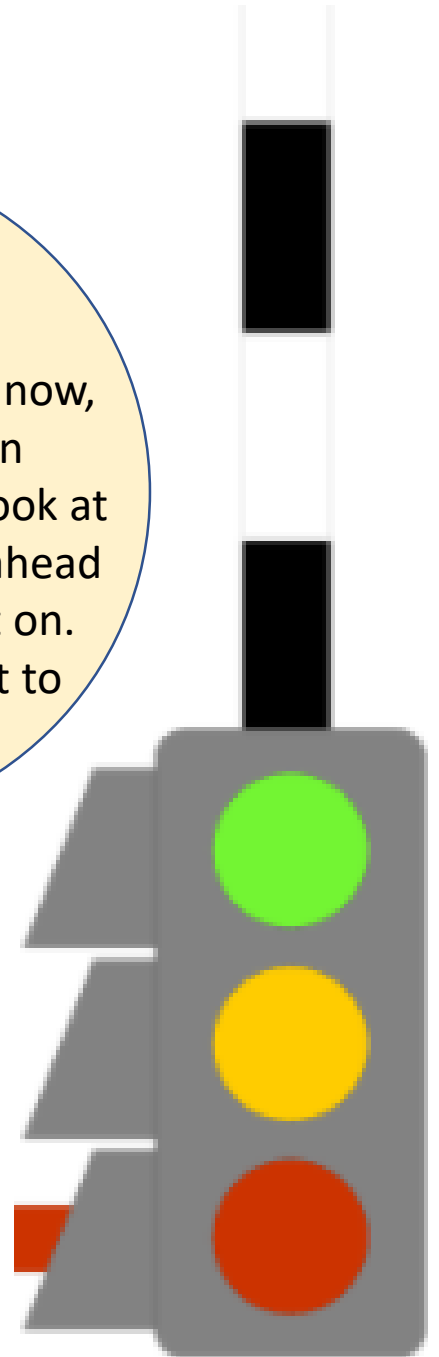
Our brains are predisposed to think about the present moment, with less concern about the future. Ask yourself, "What would Future Me want?" Use this answer to take action.

Review Your Social Calendar

If you take care of a task now, you won't miss out on something better later. Look at your calendar at what's ahead that you might miss out on. Use fun as a reason not to procrastinate.

Remember, Then Do

As soon as you remember something you've been meaning to do, do it right away. RIGHT AWAY. Within seconds, your brain will start talking you out of it. If you postpone until later, you will have to muster motivation.



Chapter 6

Find Motivation!

Visualize Yourself Completing the Task

Picture yourself doing the task, step by step, in your mind's eye. By giving your brain a trial run, you're almost tricking it into thinking this is already something you do routinely, making it easier.

Use Temptation Bundling

Pair something you don't want to do with something you like doing. For example, setting up a study group (if you like socializing) with something you'd procrastinate with, like studying.

Keep a "Done" List

Focusing on what has already been done can be encouraging and motivating. Checking items off a list is a way to give yourself credit for work you've done, which will motivate you as you move on to new tasks.

Examine the Advantages and Disadvantages

Much of the brain's motivational processes happens unconsciously. We can slow down our brain by writing down on paper advantages and disadvantages of doing now vs. putting off until later.

Review Your Life Goals

Motivation is directly connected to what we want. Sometimes we forget what we really want. Any task important enough to be on your to-do list should be connected in some way to your personal goals.

The brain processes involved in initiating tasks are often not as well-developed in procrastinators.

Approaching a new task will generate feelings and doubts.

Getting started requires a plan for managing feelings and thoughts.

We struggle to get started because, rather than working on our coping strategies, we ignore feelings and pretend they're not there.

If you don't acknowledge and deal with feelings, they'll disrupt your process and motivate you to procrastinate.

Watch for Unhelpful Thoughts

This is the main part of CBT, Cognitive Behavioral Therapy. Catch unhelpful thoughts that divert you from getting started and investigate them. Challenge them to see if they are true.

Chunk Your Tasks

It's hard to get started on big, overwhelming tasks. Break tasks down and do one section at a time.

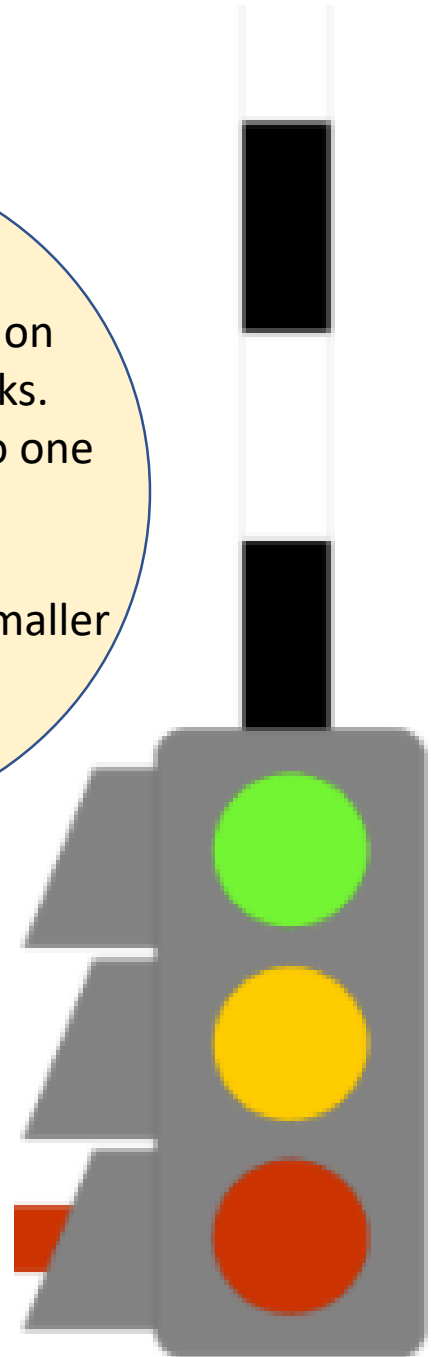
Chunk into smaller and smaller tasks as needed.

Use a Schedule or An UnSchedule

Research shows scheduled activities are more likely to happen. Use a planner, alarm, or an unschedule, if you hate schedules. Start with the musts like work, class, and sleep. Then, use blank spaces for other things.

Chapter 7

Get Started



Chapter 7

Get Started

Use Momentum

Start with an energizing task and then quickly switch to another task you've been putting off. Find what really energizes you. Watch your energy level before and after activities. (TV/social media don't always restore energy.)

Do the Easiest Or Hardest First

Conquer the easiest part of a task first. Once you have encountered a minimal amount of discomfort, do more. OR get the task you've been dreading over with first and remove a major discomfort.

Set A Time Limit

The length of time is arbitrary, but the commitment to a specific number of minutes is crucial. It's imperative you do it for the whole time, no more or no less. Trust yourself to do only that.

Review Your Regrets

How many times have you regretted finishing something early, being extra-prepared for a test, or having a head start? Now consider the opposite: How many times have you regretted your decision to procrastinate?

Just Five Minutes

This approach allows you to set a time and renew it if you want. Decide if you want to do another five minutes or move on. You will eventually be able to extend the time you engage with difficult, tedious, or unpleasant tasks.

It's easy to get distracted. Certain people are more prone to distractibility than others, especially if tasks are boring or tedious.

Attention is your ability to concentrate on one thing (a thought, task, etc.) while you ignore everything else you could be concentrating on at the same time.

The most important component of focus is a solid foundation of physical health. Fatigue, hunger, and malnutrition all interfere with your ability to focus.

Chapter 8

Focus

Adapted by H. Weaver from "The Psychology of Procrastination" by Hayden Finch, PhD, 2020

Know Your Prime Time to Focus

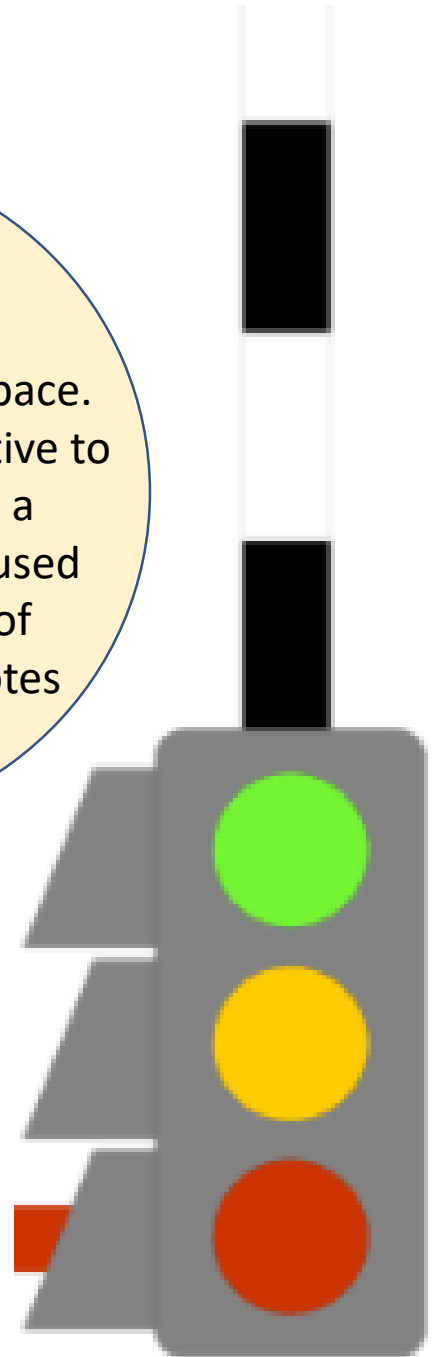
Your ability to focus varies on a 24-hour circadian rhythm cycle. For most, attention is better around noon and best in the afternoon or evening. Plan tasks requiring the most focus during your best time.

Adjust Your Environment

Determine your prime space. Our brains are very sensitive to environments. Create a dedicated space for focused work. Remove items of temptation and add notes that confirm your goal.

Remove Distractions

Eliminate distractions like pets, your phone, email, games, TV, noisemakers, and snacks. Use "do not disturb" on your phone and pause your Inbox.



Chapter 8

Focus

Write Distractions Down for Later

You can be distracted by your own mind. Try a distractibility delay--work on a task for a specific time, and then take a break to make a note of distractions that arise. Deal with that list later.

Play With Sound

White and pink noise have been shown to enhance attention. Also, our brains process music differently than other sounds, so listen to your favorite. Research shows binaural beats often enhance attention, too.

Take Breaks

Attention starts to wane within the first few minutes of starting a task. Taking breaks allows your brain to catch up and replenish energy. One idea is to take a 3-minute break after every 15 minutes.

Use Timers

Timers are great for staying focused. They also build self-awareness regarding whether you're on task or not. If the phone distracts you, use an old-fashioned kitchen timer instead.

Set Aside Time To Organize

Set aside 5 to 10 minutes before you start to set up your space and organize your time. What's your specific goal, and how will you accomplish it? Also, manage emotions that arise when you approach a task.

Work on your emotional skills to help you overcome avoiding tasks or decisions, which is one of the biggest issues in procrastination.

Procrastination is more about avoiding feelings than avoiding the task itself.

Feelings come when we think about doing the task and when we are doing it. Because we're motivated to avoid feelings of discomfort, we sometimes choose to avoid as a way of managing these feelings. Avoidance is common among people with anxiety, who dislike uncertainty, and those with depression because maintaining the status quo saves energy.

Indecisiveness

This is a special form of avoidance. Rather than avoiding a task, you avoid making a decision. No decision=no action=no change=no regret. Actually, nondecision is a decision not to get started. You waste time and opportunities.

Dealing with Avoidance

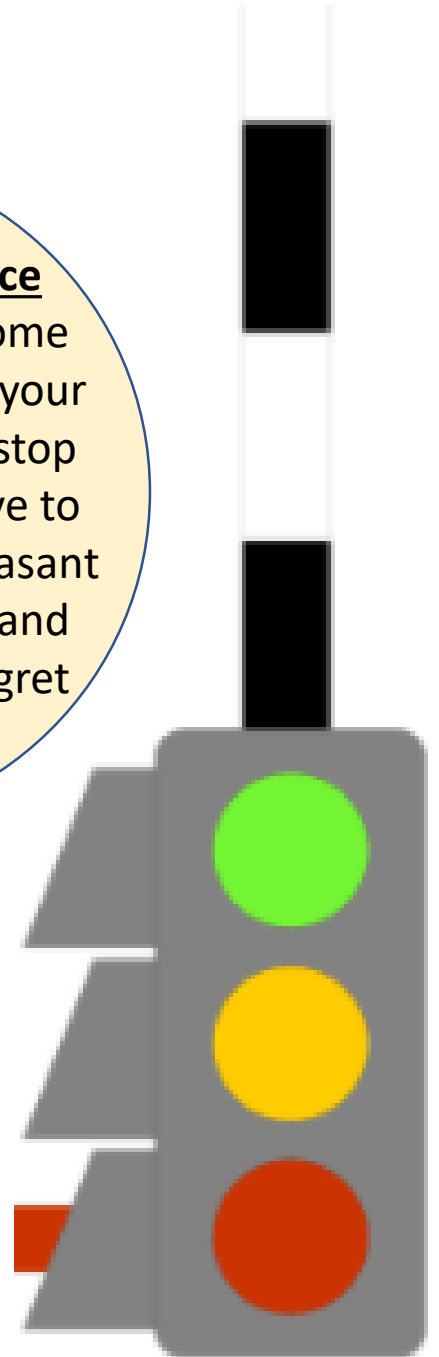
The only way to overcome avoidance is to manage your feelings. If you want to stop procrastinating, you have to learn to cope with unpleasant emotions in the future and accept that you may regret some decisions.

Identify Your Resources

We avoid tasks because we anticipate setbacks and don't feel prepared to deal with them. Anticipate setbacks and resources to respond to them. Review the steps to reach your goal. Believe in yourself. You have resilience.

Chapter 9

Overcome Avoidance



Chapter 9

Overcome Avoidance

Break Down Tasks Further

One giant task can be intimidating, but several smaller tasks are more manageable. Still feel overwhelmed? Break it down further until you are comfortable with it—embarrassingly small steps.

Monitor Your Negative Self Talk

Positive self-talk will inspire you towards action, while negative self-talk will discourage you. When thinking negatively, write down thoughts. It's easy to see how unhelpful they are when written down.

Ask Yourself the Miracle Question

The miracle question is a technique to use when indecisive. It helps us imagine what our lives would be like if the decision were already made.

Acknowledge the Outcomes of Indecisiveness

We avoid decisions because we don't want to limit our options, but not committing can limit us. How will you feel about your indecisiveness in a week, a month, or a year? Is it better to start or avoid?

Be Content with Your Decisions

Remember the decision you're making now is the best given the available information. Document your rationale when making a tough choice so you can refer to your thought processes. Practice self-compassion.

Soothe Yourself

There is a reason you want to do this activity; so, look for a soothing strategy you can use. Sing, hug yourself, laugh, or smile before you get started.

Play soothing music, light a scented candle, or drink a soothing drink like hot chocolate or herbal tea.

Practicing slow breathing can calm emotional distress and help you start a task you might be tempted to avoid.

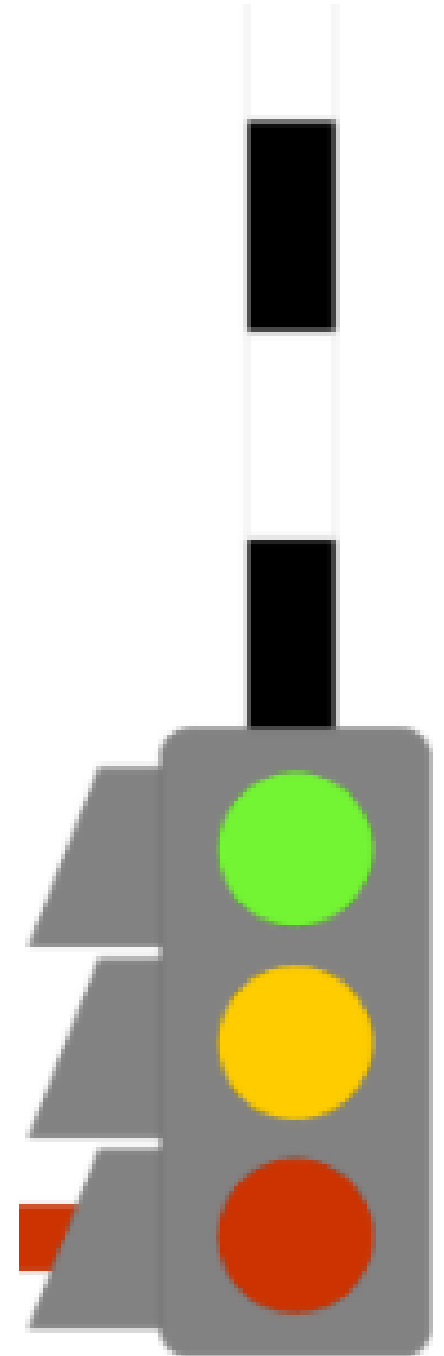
Make a Coping Card

A coping card is kind of like that index-card-cheat-sheet your teacher let you bring to your exam, cramming everything you can think on it.

List strategies, people to contact for support, and three positive things you can focus on to help. This can include reasons you want to cope rather than avoid the feeling, inspirational quotes, Bible verses, and positive happenings in your life.

Chapter 9

Overcome Avoidance



The challenge is to follow through to completion. Many factors can derail you, from distractibility to forgetfulness to difficulty recovering from setbacks. This can be most challenging for people with ADHD because neurologically-based distractibility inhibits ability to focus. People with depression often run out of energy, and those with anxiety cope with self-doubt.

Our brains have trouble remembering why we want to complete a task in the first place. The brain's #1 priority is to conserve energy. Consistent effort means feeding your brain by eating healthy, exercising, and taking breaks.

Chapter 10

Follow Through

Adapted by H. Weaver from "The Psychology of Procrastination" by Hayden Finch, PhD, 2020

Make a Plan

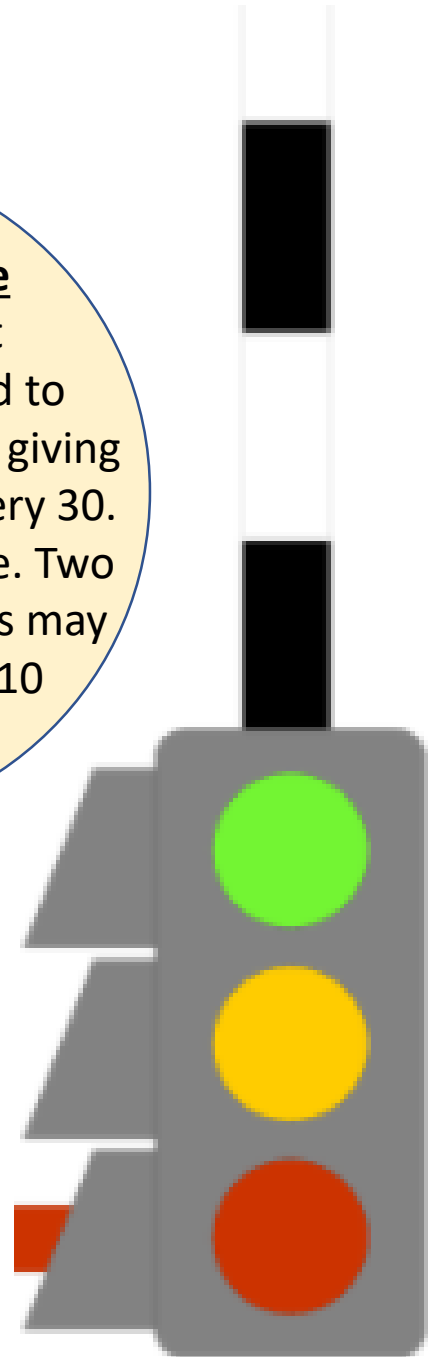
Decide which task you want to do first. By planning every step at once, you're lumping decision making into a single unit. Since decisions require a lot of mental energy, this insures you have energy left to actually complete the project.

Strategize Your Time

Humans are bad at estimating time needed to complete a task. Consider giving an extra 5 minutes for every 30. Decide how to divide time. Two hours of work with breaks may be more helpful than 10 minutes here or there.

Problem-Solve Setbacks

You'll run into unanticipated problems that may make you feel overwhelmed enough to quit. Identify the problem, generate ideas to solve it, eliminate what won't work, create a plan, and see if it works. Repeat if needed.



Chapter 10

Follow Through

Talk Yourself Through Stuck Points

When we get stuck, it kills momentum. Get unstuck by talking yourself through what you're doing. Generate ideas out loud to help your brain connect pieces of information and follow through with your goal.

Plan Rewards

You may get distracted by something more exciting and promise yourself you'll come back to the boring task later. That creates problems with follow through. Instead, plan a reward for completing the task.

Set Intermediate Goals

We can get distracted in favor of shorter-term or more urgent tasks. But setting smaller, intermediate goals as frequent as needed will make it easier to follow through. Also schedule periodic check-ins to review your progress.

Use an Accountability Partner

Have someone who checks in with you regularly and helps you stay committed to a goal. Work with the partner on what you want to accomplish and use appropriate rewards so you don't drift off course.

Accept "Good Enough"

Perfectionism is one of the greatest threats of follow through. Once disengaged, it's difficult to reengage and follow through. Don't let perfectionism, the pursuit of something fictitious, be a roadblock.

As you come close to achieving your goal, you may experience the fear of failure or success. You may feel that no matter how hard you try, you will never meet your standards.

Or you may feel you will be rejected or not accepted.

Meanwhile, the fear of success is more about the fear of what comes after the success than the success itself.

Crossing the finish line involves confronting self-limiting beliefs, and that's where these evidence-based strategies come in.

Chapter 11

Finish What You Started

Talk to Yourself With Compassion

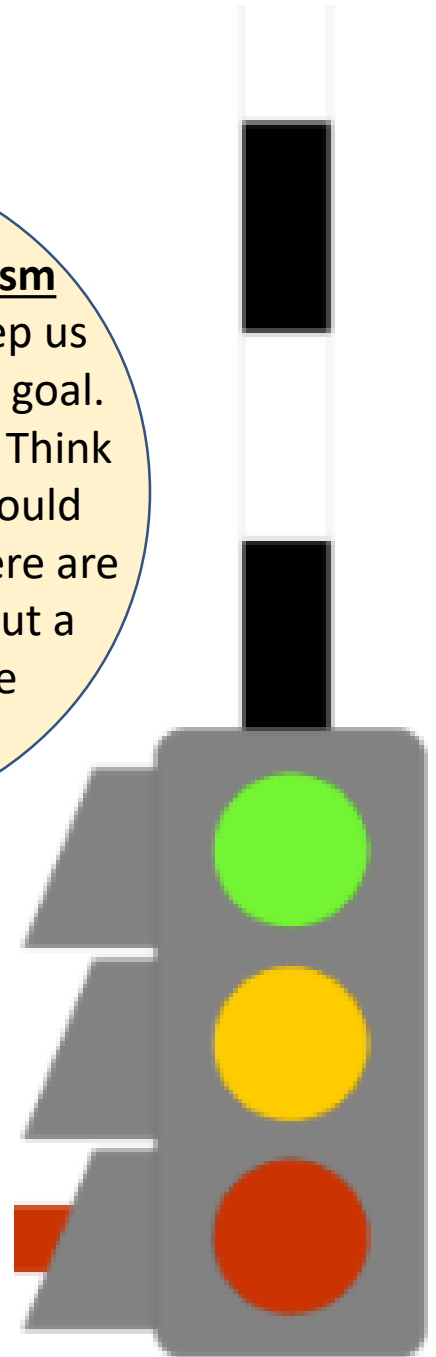
Self-compassion involves kindness to relieve suffering. It's part of the human experience. What would you say to a friend in a similar situation? This helps you through an issue so that you can move forward.

Respond to Self-Criticism

Self-critical thoughts keep us from working toward our goal. Check these for accuracy. Think of other reactions you could have. Show your brain there are many ways to think about a situation; not just the critical way it chose.

Consider the Evidence

If you're afraid of failure, consider whether evidence supports that belief. Generate proof that you will fail and then combat with proof that you won't. Lay out all the evidence, not just the one that supports your fear.



Chapter 11

Finish What You Started

Imagine Yourself Coping

Imagine something you fear will happen if you accomplish your goal. Now, imagine yourself coping with that feared outcome. You are more capable of navigating stressors than your anxiety would lead you to believe.

Appreciate the Positives of Success

Success isn't entirely positive. New issues, problems, and expectations can arise. Make a list of lessons you would learn from success. Build confidence and courage by pursuing a challenge.

Use a Reverse Deadline

This is the time you commit to trying something before you quit. Dedicate a certain amount of time. This helps us move forward with our goals rather than being paralyzed by fear.

Connect the Task To Your Goals

It's easy to lose sight of the greater importance of tasks. Write down three reasons it's important to complete a task. How would quitting impact life goals? Tasks get us closer to completing goals.

Use Positive Affirmations

These are statements or mantras used to provide encouragement.
Done is better than perfect.
Action is better than perfection.
Fear is only a feeling—
It can't hold you back.

The Psychology of Procrastination

Choose-Your-Own Adventure Quiz

WHAT TO WORK ON FIRST

You might struggle with every part of procrastination, from setting priorities to getting started to following through. That might make the very thought of trying to overcome procrastination feel overwhelming: Where do I even start? You might benefit from strategies in several (or even all!) of the following chapters, but let's focus on where you should start. Ask yourself:

1. When you make a to-do list, is it hard to know what to do first?
2. When you commit to doing something, do you sometimes forget why it's important to you?
3. Is it hard for you to get motivated to do boring, tedious, or unpleasant tasks?
4. Once you've decided to do a task, do you find that you usually don't know where to start?
5. Is it hard for you to get over the hump of getting started with a task?
6. Do you find it hard to concentrate on tasks?
7. Do you notice yourself feeling overwhelmed or anxious when you try to start working on tasks?
8. Is it hard for you to make decisions?

9. Once you start tasks or projects, do you have trouble following through and completing them?
10. Does being afraid of making mistakes, failing, or even succeeding hold you back from completing what you've started?

If you answered "Yes" to:

Question 1, focus on chapter 5 first.

Questions 2 and 3, focus on chapter 6 first.

Questions 4 and 5, focus on chapter 7 first.

Question 6, focus on chapter 8 first.

Questions 7 or 8, focus on chapter 9 first.

Question 9, focus on chapter 10 first.

Question 10, focus on chapter 11 first.

If you answered "Yes" to several questions, start with chapter 5 and go in order.