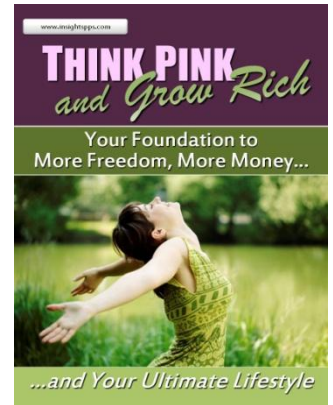


THINK PINK AND GROW RICH

Coaching Program



“Post this page on your wall next to your phone or computer so you won’t forget to call in.”

There will be two training calls and one Q&A call per month.

~~Training call - Tuesday, March 6~~
~~Training call - Tuesday, March 20~~
~~Q&A call - Thursday, March 22~~

~~Training call - Tuesday, April 3~~
Training call - Tuesday, April 17
Q&A call - Thursday, April 19

Training call - Tuesday, May 1
Training call - Tuesday, May 15
Q&A call - Thursday, May 17

Training call - Tuesday, May 29
Training call - Tuesday, June 12
Q&A call - Thursday, June 14

Training call - Tuesday, June 26
Training call - Tuesday, July 10
Q&A call - Thursday, July 12

Training call - Tuesday, July 24
Training call - Tuesday, August 7
Q&A call - Thursday, August 9

TIME: ALL CALLS ARE AT 8pm EST (7pm CST, 6pm MST, 5pm PST)

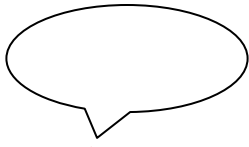
CALL-IN #: (559) 546-1000

ACCESS CODE: 107541#

CALL 4 WORKSHEET

WHY WE PROCRASTINATE

1) **E + R = O**



2) **E + R = O**

3) **T -> F -> A -> R**

4) Stories create _____.

“Procrastination is, hands down, our favorite form of self-sabotage.”

~ Alyce P. Cornyn-Selby

“Procrastination is the grave in which opportunity is buried.” ~ Unknown

5) Some examples of “states” include:

6) A state is composed of two things: _____ and _____

7) These two components operate in what’s called a _____ .

HOW TO BREAK COUNTERPRODUCTIVE STATES

8) First step to breaking a counterproductive state is _____.

9) First way is _____ your _____.

10) Second way is to _____ your _____.

11) Third way is to use _____.

TOOLS FOR HANDLING PROCRASTINATION



12) Focus on _____ about the task.

13) “_____” down the task.

14) D_____, D_____ or A_____ the task.

15) Focus on the _____ the task is causing you.