WORKSHEET 7.8.9: BREAKING DOWN TASKS INTO MANAGEABLE CHUNKS TO OVERCOME PROCRASTINATION

| Step 1: Define the task/goal |
|---|
| Step 2 : Break the task down in to manageable chunks and rate chunks from easiest to hardest (0–100) |
| 0 |
| 10 |

| 20 | | |
|-----|--|--|
| 30 | | |
| 40 | | |
| 50 | | |
| 60 | | |
| 70 | | |
| 80 | | |
| 90 | | |
| 100 | | |