



**FROM
PROCRASTINATION**

TO ACTION

4 STEPS TO SHIFT NOW

Step 1: Start Small

Move, Don't Wait

One small, clear step is all
it takes to start

Momentum grows
from movement

A woman with blonde hair, wearing a yellow hoodie and blue jeans, is leaning against a large, weathered log in a forest. She has her eyes closed and a peaceful expression. The background is filled with trees and green foliage, creating a serene and natural setting.

Step 2: Progress Over Perfection

Done is better
than perfect

Action beats waiting for
the “right moment”

A woman with blonde hair, wearing a yellow hoodie and blue jeans, is leaning against a large, weathered log in a forest. She has her eyes closed and a peaceful expression. The background is a soft-focus forest with green and yellow leaves. The text is overlaid on the image in a dark blue, sans-serif font.

Step 3: Reconnect With Purpose

Find Your Why

“Why does this matter to
me?”

Motivation rises when
tasks align with
your values



Step 4: Respect Your Energy & Take Action

Work when focus is high,
pause when drained

Start one small step today

Momentum follows



**👉 WHAT STEPS
ARE YOU TAKING ?**