

# Welcome!

I am so THRILLED you decided to join me for “The 90 Minute Procrastination Cure.”

Congratulations on investing in yourself. I know you are going to be *very* glad you did.

## **Here’s what’s included in this packet:**

- Package details
- Prework

Please return your response to the assessment to me at [amy@beingamytheblog.com](mailto:amy@beingamytheblog.com) before our first session. You should have found a scheduling link in the welcome email. Please email me if you have any problems booking your session.

I am so honored and excited to work with you!

XOXO,  
-a

# The 90 Minute Procrastination Cure

With Amy Pearson

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again,

Because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause;

Who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly...”

– Theodore Roosevelt, The Man in the Arena

The intention of this “mini mentorship” is to support you to gain clarity on what has been keeping you in procrastination, whether that looks like perfectionism, a general feeling of “stuck,” lack of motivation, lack of focus or wasting time on busy work, the first step to change is always awareness. Once you have an idea of what is underneath the procrastination, I’m going to give you tools to get into and stay in action so you can start to see results at long last.

### **Your Coaching Package includes:**

- This welcome assessment to help me get clarity around your needs and how I will support you AND to help you get clear about where you need support and why.
- 1 90 minute 1:1 coaching session.\*
- Unlimited text and email support – my phone number is 503-519-8760 and my email is [amy@beingamytheblog.com](mailto:amy@beingamytheblog.com) (please allow 24-48 hours for an email response) between your first session and your follow up.
- One 20 minute follow up **session to be scheduled no later than one month after your 90 minute one on one.** Please note, Amy will send you the scheduling link after your first session.
- Bonuses! Click here to access the Coach Yo’Self Toolkit and the Be Brazen Breakthrough Sessions.

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\* Yo, yo! I’m a busy mama who has to be very protective over my time so I want to say a word about appointment times. Investing in coaching means committing to your scheduled appointment time slot. You can reschedule within 24 hours in case of an emergency or illness. If you need to reschedule for other reasons, a 24-hour notice is required. No 24 notice means you give up your session. I apologize in advance if that seems harsh but consider it a lesson in boundaries 😊. If I need to reschedule due to illness or something else unexpected, I will contact you to reschedule at a time that works for you. Thank you for understanding.

# Prework

*Please read the following questions carefully and answer them thoughtfully. This series of powerful questions is designed to help me get to know you better AND help you get a better picture of where you are right now and where you want to be.*

*Your responses will be kept strictly confidential. Feel free to use more space than what is provided below by using the return button as needed.*

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Name:

Email Address:

Phone number (s):

Why did you sign up for this coaching package? What do you hope to accomplish?

What do you believe is the reason you procrastinate (remember, perfectionism, lack of motivation, getting distracted, being too busy, lack of focus can all be forms of procrastination):

What have you tried in the past to cope with procrastination? Did it work? Why or why not?

What do you think you need to do to overcome this problem?

And a few background questions...

Please tell me about your childhood. Would you say you were a happy child? Were you often angry, sad, afraid? Why?

As a child, what was your greatest need or needs that went unmet?

Are you married or involved in a long term relationship?

Are you happy in your relationship (or lack thereof)? Please explain.

Do you have kids? If yes, what are their names and ages?

If yes, tell me about your kids. What are they like?

If yes, what is your favorite thing about being a parent? What is your least favorite thing about being a parent?

Are you divorced, widowed or separated?

If yes, please tell me more about your experience. When and where did the breakup or loss occur and how did it affect you?

What are you ridiculously good at? Please describe.

Please name some things that you do in your day to day life that you enjoy (at least three things).

Please name some things that you do in your day to day life that you dislike (at least three things).

What is your proudest accomplishment? Why?

What was the darkest moment in your life?

What are your strengths? What are your weaknesses?

What is your biggest fear?

What is the biggest dream that you gave up on?

What would bring more meaning to your life?

What do you want to be your legacy when you are gone?

What is your secret desire?

What do you really want to do with your “one wild and precious life”? What will make you happy?

What is the most effective way to get what you want?

What are you not willing to put up with anymore?

What must change now?

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*Take a look over the list of topics below, and see if any of them sparks a strong reaction in you. Write a paragraph or more about each topic you find compelling (but please select at least two topics).*



Angry

Change

Lost Something

Moved or Touched

Torn

Sad

Strong Stand or Conviction

Success

Anxious or Nervous

Ashamed

Important to me

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Thank you for taking the time to complete this important assignment. Please email your responses [amy@beingamytheblog.com](mailto:amy@beingamytheblog.com). **Amy will be the only person reading this document**