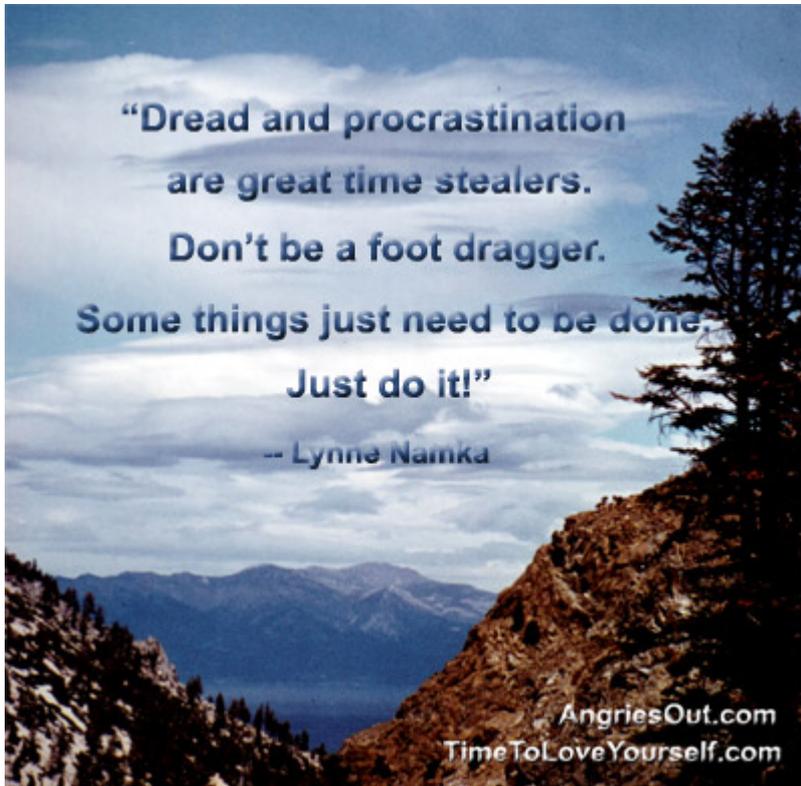


Week Twenty: Procrastination & Peace



I LOVE this quote! And deep down I KNOW it's sooo true and yet I waste so much time procrastinating!

Welcome to Week Twenty of “I Say Yes”!

It's Week 20 of my FREE year long art journaling class. Haven't heard of it? I invite you to [go here](#) and join us! You can find the first 19 weeks [here](#).

This week lets talk about PROCRASTINATION and how it AFFECTS our Peace...Here is the definition of procrastination...“the act or habit of [procrastinating](#), or putting off or delaying, especially something requiring immediate attention.”

Hmmm...that sounds like me more times than not lately. I feel overwhelmed with so much going on and yet instead of getting things done I curl up on the couch not knowing what to tackle

first.

After doing THAT for days and sometimes weeks my To Do list is soooooo LONG and my time so short I feel buried. Now THAT doesn't do anything for my Peace of Mind!



Photo by Pixabay on Pexels.com

It's times when I feel like that I start living on [Auto-Pilot](#), shut myself off from everything and everyone and just exist.

That

is

not

the

way

I

want

to

LIVE.

Assignments

We have several assignments this week...all to inspire YOU to stop putting things off and find the PEACE you deserve!

Before anything else this week I invite you to make your Procrastination List.



Photo by [energetic.com](https://www.pexels.com/photo/woman-writing-in-notebook/) on [Pexels.com](https://www.pexels.com/)

EVERYTHING that is on your mind that you KNOW needs to be done but you keep putting off goes on this list! Next choose FIVE things from your list and ACCOMPLISH them this week. YOU CAN

DO IT!

For your journal page choose one of the quotes in our PDF this week or one of your own and create a page.

Here is this weeks's FREE printable including a template for your Peace Journal!!!

[Week Twenty_ Procrastination Sabotages Your Peace](#)

Have a Peaceful and Productive Week!

xoxo

Leslie