

Affirmations For Overcoming Procrastination



- ☐ Done is better than perfect
- ☐ Progress, not perfection
- ☐ Nothing works unless you do
- ☐ One day, one step, at a time
- ☐ Feel the fear and do it anyway!
- ☐ What you do today can improve all of your tomorrows
- ☐ There is no such thing as perfection, only improvement
- ☐ I am not afraid to make mistakes. I embrace mistakes as learning opportunities
- ☐ Stop thinking about what could go wrong and get excited about what could go right
- ☐ There is no such thing as failure, only learning