

Week 3: When it gets hard

Avoidance tracker

For one week, every time you notice you're avoiding the work, write it down. Don't try to fix it yet.

DAY	WHAT I AVOIDED	WHAT I DID INSTEAD	WHAT WAS GOING ON
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

The pattern. Two or three situations usually account for nearly all of it.

One small change that interrupts it
