

INSIGHT INTO ACTION

Worksheet Packet

A Mind Remake Project (MRP) System for:

Awareness → barriers → avoidance → starting → sustaining → pattern disruption

*“This booklet is
for people who already know what to do—and still aren’t doing it.”*

This booklet is designed for people who know what to do —but still struggle to do it. Rather than offering more advice, it focuses on the gap between insight and action, helping you identify patterns like avoidance, excuses, and drop-off after starting. Each worksheet is practical, direct, and built to translate awareness into follow-through, so change becomes something you actually do, not just understand.

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Procrastination Pattern Check (Self-Assessment)

Rate each item from 0–4: (0 = Not at all, 4 = Very often)

1. I delay starting tasks even when I know they're important. _____
2. I wait until I feel "ready" or motivated. _____
3. I choose easier or more enjoyable tasks instead.

4. I underestimate how long things will take. _____
5. I avoid tasks that feel uncomfortable or
overwhelming. _____
6. I start tasks but don't follow through. _____
7. I tell myself I'll do it later—and don't. _____
8. I feel relief when I put something off. _____

Scoring:

0–10 → Low procrastination

11–20 → Moderate

21–32 → High pattern of avoidance

Why Do I Keep Not Doing What I Know?

Section 1: The “I Already Know This” Problem

What is something you know would help you, but you’re not doing?

Follow-up:

How long have you known this?

- Days*
- Weeks*
- Months*
- Years*

Section 2: What Actually Happens Instead

When you intend to do this, what do you actually do?

Pattern check:

- Avoid it completely*
- Delay (“I’ll do it later”)*
- Do something easier instead*
- Overthink it*
- Start but don’t finish*

Why Do I Keep Not Doing What I Know? (cont.)

Section 3: The Real Barrier (Not the Excuse)

What do you usually tell yourself?

“I’ll do it when...”

Now challenge it.

What’s the likely real reason? (check all that apply)

- It feels uncomfortable*
- I’m afraid I’ll fail*
- I’m afraid it won’t work*
- I don’t feel motivated*
- I’m overwhelmed / don’t know where to start*
- It feels pointless*
- I don’t actually want to*
- Other:* _____

Why Do I Keep Not Doing What I Know? (cont.)

Section 4: Cost of Staying Stuck

If nothing changes, what will this cost you?

Short-term: _____

Long-term: _____

Section 5: Reduce the Bar (Make It Doable)

What is the smallest possible version of this action?

(Not ideal. Not perfect. Just doable.)

Make it specific:

When will you do it? _____

Where? _____

How long? _____

Why Do I Keep Not Doing What I Know? (cont.)

Section 6: Commitment Check

Be honest:

- I will do this
- I might do this
- I won't do this

If not, why?

(This matters more than forcing it.)

Excuse vs. Barrier

What's Actually Stopping You?

This worksheet helps distinguish between excuses (protective thoughts) and real barriers (practical or emotional obstacles) so you can respond effectively instead of staying stuck.

Section 1: The Goal

What is something you've been meaning to do but haven't?

Section 2: What You Tell Yourself

Complete the sentence:

I can't do this because

1) _____

2) _____

Excuse vs. Barrier (cont.)

Section 3: Excuse or Barrier?

For each statement in Section 2, decide:

Thought:	Excuse (protective)	Barrier (real obstacle)
1) _____ _____	<input type="checkbox"/>	<input type="checkbox"/>
2) _____ _____	<input type="checkbox"/>	<input type="checkbox"/>

Section 4: Break It Down

If it's an Excuse:

(Usually emotion-based or avoidance-driven)

What might this excuse be protecting you from?

- Discomfort
- Fear of failure
- Fear of success/change
- Rejection or judgment
- Uncertainty
- Loss of control
- Other: _____

Reality check:

What would happen if you did it anyway?

Excuse vs. Barrier (cont.)

Section 5: The Middle Ground (Most People Miss This)

Some things are **both** an excuse and a barrier.

Example:

“I’m too tired”

→ Barrier: low energy

→ Excuse: avoiding effort

Your example: _____

What part is real? _____

What part is avoidance? _____

Section 6: Adjust the Plan

Given what you’ve identified, what is a more realistic version of your goal? _____

What is one small step you can take?

Excuse vs. Barrier (cont.)

Section 7: Commitment (No Pretending)

- I will do this
- I might do this
- I won't do this

If not, what's actually getting in the way?

"A YEAR FROM NOW YOU MAY WISH YOU HAD STARTED TODAY."

-KAREN LAMB

Avoidance Patterns You Don't Notice

What You're Doing Instead of What Matters

Avoidance isn't always obvious. It often shows up as distraction, productivity, or overthinking. This worksheet helps identify how avoidance actually operates in your day-to-day behavior.

Section 1: The Thing You're Avoiding

What is something you've been putting off or not fully addressing?

Section 2: What You Do Instead

When you think about doing this, what do you usually do instead? (Check all that apply)

- Scroll on your phone
- Clean or organize
- Do less important tasks
- Overthink or plan
- Distract yourself (TV, food, etc.)
- Sleep or rest
- Start something else entirely
- Tell yourself "I'll do it later"
- Other: _____

Avoidance Patterns You Don't Notice (cont.)

Section 3: Type of Avoidance

Which pattern fits best?

- Procrastination (delaying)
- Distraction (keeping busy)
- Perfectionism (waiting for the “right” time or way)
- Emotional avoidance (not wanting to feel something)
- Overplanning (thinking instead of doing)
- Withdrawal (shutting down or checking out)

Section 4: What Are You Avoiding Feeling?

If you actually did the thing, what might you feel?

- Anxiety
- Shame
- Frustration
- Boredom
- Uncertainty
- Fear of failure
- Fear of success/change
- Other: _____

Section 5: Short-Term Payoff

What do you get from avoiding it?

(Examples: relief, comfort, distraction, control)

Avoidance Patterns You Don't Notice (cont.)

Section 6: Long-Term Cost

What is avoidance costing you over time?

(Examples: stress, missed opportunities, guilt, stagnation)

Section 7: Pattern Awareness

How often does this pattern show up?

- Daily
- Several times a week
- Occasionally
- Only in certain situations

Where does it show up most?

- Work
- Relationships
- Health
- Personal goals
- Other: _____

Avoidance Patterns You Don't Notice (cont.)

Section 8: Interrupt the Pattern

What is one small action you can take instead of avoiding? _____

Make it realistic:

Time: _____

Duration: _____

Section 9: If-Then Plan

If I notice myself avoiding, then I will: _____

The 5-Minute Rule

Getting Started When You Don't Feel Like It

Motivation is unreliable. This worksheet uses the 5-minute rule to help you start tasks without waiting to feel ready. The goal is not to finish—just to begin.

Section 1: The Task You've Been Avoiding

What is something you've been putting off?

Section 2: The Usual Thought Pattern

What do you typically tell yourself?

(Check all that apply)

- “I don't feel like it”
- “I'll do it later”
- “I need to be in the right mood”
- “This will take too long”
- “I don't have the energy”
- Other: _____

The 5-Minute Rule (cont.)

Section 3: Break It Down

*What is the **smallest** possible starting point?*

(Not the whole task. Just the entry point.)

Examples: open the document, send one email, put on shoes, set up materials

Section 4: The 5-Minute Plan

What will you do for just 5 minutes? _____

When will you do it?

Date/Time: _____

Where? _____

Section 5: Set the Boundary

You are only committing to 5 minutes.

After 5 minutes, you can:

1. Continue if it feels manageable
2. Stop without guilt

The 5-Minute Rule (cont.)

Section 6: What Happened?

Did you start?

- Yes
- No

If yes, what happened after 5 minutes?

- Stopped
- Kept going

How long did you continue (if you did)? _____

Section 7: What Did You Notice?

Before starting, I felt: _____

After starting, I felt: _____

The 5-Minute Rule (cont.)

Section 8: Reality Check

Was the task as difficult as expected?

- More difficult
- About the same
- Easier than expected

Section 9: Repeatability

Would this strategy work again for similar tasks?

- Yes
- Maybe
- No

What would get in the way? _____

“YOU DON’T NEED MOTIVATION. YOU NEED A STARTING POINT.”

What Happens After You Start

Understanding Momentum and Drop-Off

Many people can start tasks but struggle to continue. This worksheet helps identify what builds momentum vs. what causes drop-off, so you can maintain progress instead of cycling through start-stop patterns.

Section 1: The Task

What is something you recently started but didn't follow through on? _____

Section 2: The Start

How did you get yourself to start?

(Examples: 5-minute rule, pressure, mood shift)

What Happens After You Start (cont.)

Section 3: What Went Well at First

What helped you gain momentum initially?

- It felt manageable
- I had a clear plan
- I had enough energy
- I was focused
- I felt motivated
- Other: _____

Describe: _____

Section 4: The Drop-Off Point

When did you stop or lose momentum? _____

What was happening right before you stopped? _____

What Happens After You Start (cont.)

Section 5: Why You Stopped (Be Specific)

Check all that apply:

- Fatigue / low energy*
- Lost interest*
- Got distracted*
- It became harder than expected*
- Perfectionism kicked in*
- Negative thoughts (“this isn’t working”)*
- Time constraints*
- Emotional discomfort*
- Other: _____*

Section 6: Thought Pattern at Drop-Off

What were you telling yourself at that moment?

Section 7: Short-Term Payoff of Stopping

What did you gain by stopping?

(Examples: relief, rest, escape, less pressure)

What Happens After You Start (cont.)

Section 8: Long-Term Cost of Stopping

What did stopping cost you? _____

Section 9: Momentum Builders

What would help you keep going next time?

(Check what applies)

- Shorter work periods
- Planned breaks
- Lower expectations
- Clear next step
- Removing distractions
- External accountability
- Reminding myself of why it matters
- Other: _____

Section 10: Plan for Next Time

What will you do differently once you've started?

What is your next step (specific and realistic)?

What Happens After You Start (cont.)

Section 11: If-Then Plan (Critical)

If I feel like stopping, then I will:

(Examples: take a 5-minute break, reduce the task, switch to a smaller step)

“LOSING MOMENTUM ISN’T FAILURE. NOT PLANNING FOR IT IS.”

Self-Sabotage

Sometimes you know what to do, you've planned it, and you still don't follow through. This isn't random. This worksheet helps identify patterns that interfere with progress and what they're trying to accomplish.

Section 1: The Pattern

What is something you repeatedly don't follow through on?

Approximately how many times has this happened?

- A few times
- Many times
- It's a consistent pattern

Section 2: What You Intended vs What Happened

What was your plan? _____

What actually happened? _____

Self-Sabotage (cont.)

Section 3: The Interruption Point

When did things start to go off track? _____

What changed in that moment? _____

Section 4: What You Did Instead

In that moment, what did you choose instead?

(Check patterns if helpful)

- Avoided it
- Distracted myself
- Did something easier
- Told myself I'd do it later
- Quit early
- Other: _____

Self-Sabotage (cont.)

Section 5: What Was the Benefit?

What did that behavior do for you in the moment?

- Reduced stress
- Avoided discomfort
- Gave relief
- Felt easier
- Maintained control
- Avoided possible failure
- Other: _____

Section 6: What Did It Cost?

Short-term cost: _____

Long-term cost: _____

Section 7: The Underlying Pattern

Which of these fits best?

- Avoiding discomfort
- Fear of failure
- Fear of success/change
- Perfectionism
- Low energy / burnout
- Loss of interest
- Lack of structure

Self-Sabotage (cont.)

Section 8: Reframe the Pattern

Instead of “I sabotage myself,” try:

“This behavior helps me by...” _____

“But it also hurts me by...” _____

Section 9: Do Something Different (Small Shift)

Next time this happens, what is one different response you can try? _____

Section 10: If-Then Plan

If I notice this pattern happening, then I will:

(Examples: pause, reduce the task, continue for 2 minutes, ask for help)

Self-Sabotage (cont.)

Section 11: Reality Check

- I'm willing to try something different
- I'm not ready yet

If not ready, what would need to change? _____

**“IF YOU KEEP GETTING IN YOUR OWN WAY, IT’S NOT RANDOM. IT’S
PATTERNED.”**

