Start

Have I Made an Action Plan?

- YES
  - Are the Actions in My Plan Small Enough?
    - YES
      - Have I Used the 5 Minute Rule When My Motivation to Take Action is Low?
        - YES
          - Have I Addressed Any Rules Driving My Procrastination Behaviour?
            - YES
              - Take Action
            - NO
              - Address Any Rules Driving My Procrastination Behaviour
        - NO
          - Use the 5 Minute Rule
    - NO
      - Make the Actions in My Plan Smaller
- NO
  - Make an Action Plan

End

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