

**I am turning
into a
proactive
person**

I savour the memories of situations where I've been amazing



Procrastination Transformed Into Proactivity
by Kim Serafini
www.postiveprime.com

A man with glasses and a grey sweater is sitting on a blue sofa in a bright, modern office or lounge area. He has his arms raised in the air, holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, celebratory atmosphere. The text 'Others know' is in yellow and 'I'm driven' is in white, both in a bold, sans-serif font.

Others know
I'm driven

I clearly visualize
the attainment
of my goals



Giving up is easy.
I will continue striving
for my goals.



An overhead view of two men in business suits shaking hands on a light-colored tiled floor. The man on the left is wearing a dark suit and a blue tie, while the man on the right is wearing a grey suit and holding a white folder. The text is overlaid on the right side of the image.

**Seek out
Role Models
who can
help you to
achieve more**



**Monitor your
progress**

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**I take nice,
big, slow,
deep breaths
to feel better**

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Things
always
work out
for me

I know what
pleases me



**My daily goals
will ensure
I reach my
long term goals**

Why is it imperative that you get started now & quickly?



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**I am a
doer**

I am
calm and focused
in all that I do



Break it down even further
- into smaller steps &
get one done



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. The man on the left is holding a white folder or document. The man on the right is looking down at the handshake. The background is a grid of large, light-colored tiles.

What went right?

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Be
organised

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**Reward
yourself
for having
completed it**

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I am decisive

I will turn my dreams into goals.
I turn my goals into simple steps.
I turn my steps into actions.
I complete the right actions every day.



**I take charge
and
get things
done**

**I will live my life as the
exciting adventure that it is**



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My habits
support me

What are you
excited
about now?



I always get a head start
and have plenty of time
to complete my work



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the floor tiles are clearly visible.

**I enjoy starting
a task and
finishing a task**



How can I be
more supportive?

**I love the
feeling of
getting a
head start**

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I follow -
through on
the tasks
that have
the greatest
impact

My planning, action and hard work
translates to the achievement
of my desires



**Life is
happening
for us not
to us...**

I see the beauty in others



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**Celebrate your
successes!**

I complete the most
meaningful task
as a priority



When you're watching your Session
Smile

just smile naturally now



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the tiles are large and square.

Connect to the magnificence of yourself

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Rehearse
"feeling"
triumphant

**I can
dramatically
change how
I'm thinking
& feeling**

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Smile
allow the
action
to drive
the reaction



Follow-through quickly
& feel the win



**What if
this is
Heaven?**

Today I will take a big step toward reaching my goals



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A man with glasses and a grey sweater is sitting on a blue sofa in a bright, modern interior. He has his arms raised in a celebratory gesture, holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, positive atmosphere. The text "I feel uplifted" is overlaid on the image.

**I feel
uplifted**

I take action
towards
my goals daily



Listen to Mentors & Guides
you've "done it already"
- Learn from them



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the tiles are large and square.

**I am respected
for my
integrity**



Sow a thought.
Sow an action,
reap a habit.

**What would
give me a lot
more energy
right now?**

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An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles visible. The overall mood is calm and serene.

I am changing
into someone
who
effortlessly
gets things
done

Rehearse “feeling”
proactive, powerful & positive



**I work hard
first
and
play later**

What do you do to get motivated-enough to get started?



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I am
grateful

What are the benefits
of completing
what you want?



I focus on
“life”
after I've achieved this goal



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**I choose to be
a productive
person**




I am
adventurous

**I take action
and
get things
done**

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Procrastination
is a
silent killer
of our goals



Go & do something fun to get you
in the mood to be powerful,
proactive & positive



**I enjoy
the success
of finishing
a task**

Why is it important to you that you're an initiator?



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I have
drive

I am willing
to do the thing
I am resisting



I know that I have the skills,
resources and energy to get
my to-do list done



An overhead view of two men in business suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The text 'I do the most significant task first' is overlaid on the right side of the image in a bold purple font.

**I do the most
significant task
first**



Rehearse
"feeling"

peace of mind

**I'm excellent
at creating
solutions
that work
exceedingly
well**

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Declutter

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“When you have to make a choice
and don't make it,
that in itself is a choice.”



**I clearly
communicate
why & how**

**Ask yourself what the cost is *really*
if you don't do it well & now**



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Keep an
open mind

How did I become
so masterful at
visualisation?



How would my life
be better if I had already
accomplished this?



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**Review my
priorities the
night before**



I treat
people well

**I am going
to do it
now**

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Simplify

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Connect to *Source* before taking
inspired actions consistently



**Take control
of it
now**

I find myself accomplishing more and more, day by day



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A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised in the air. He is holding a white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, golden glow. The text "I am graceful" is overlaid on the image.


I am
graceful

**Better resources
become available
along the journey**



I think about the
consequences of the
“finished outcomes”



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**I ask for the
resources I need
with diplomacy**



I am
driven

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**I enjoy
working hard
and
getting things
done**

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My mind is energized, clear and focused on the process of my goals



Over-deliver & under-promise,
inside reasonable expectations
of time



**I look
forward
to getting
things done**

**I prioritize my tasks and joyfully
execute my day**



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You are
proactive

Procrastination Transformed into Proactivity
by Kim Senoff

Why am I
so excited
about this?



I believe in the effort I make.
I know that my work will
generate results.



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Work with an accountability partner

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I have
clarity and energy


**“Course-
correct on
the way.”**

Procrastination Transformed into Proactivity



An underwater photograph of a baby being held by an adult in a swimming pool. The baby is looking towards the camera with a neutral expression. The water is clear blue, and there are some bubbles around the baby's head. The adult's hands are visible, supporting the baby from the sides.

I can work
my way into
the flow state
whenever
I wish



“Take time to deliberate;
but when the time for action arrives,
stop thinking and go in.”



**I make
powerful
choices**

Figure out why you want what you want



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A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised in the air. He is holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, golden glow. The text "I act now" is overlaid on the image.

I act
now


Procrastination Transformed into Productivity
by Kim Suranfer

I remind myself of the
“big picture”
in all situations



Decide what you will reward
yourself with - in advance.
Follow-through.



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**I will face
difficult
situations
with grace
and courage**



What makes
you feel
enthusiastic?

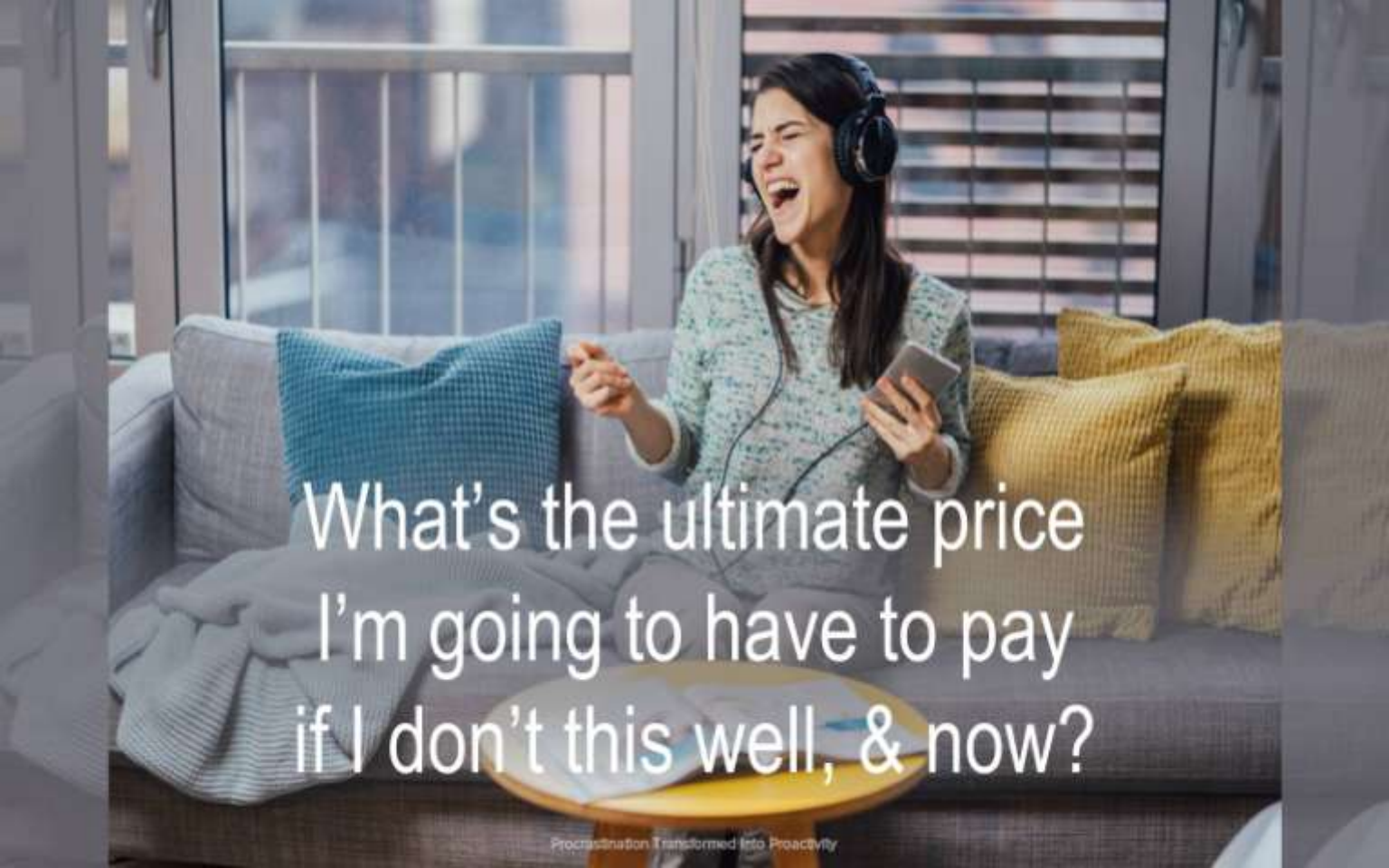
**Make sure
you do
something
caring
today**

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I expand
my chest
and
stand up tall
to feel better



What's the ultimate price
I'm going to have to pay
if I don't this well, & now?



**I am
respected for
my reliability**

I take the action and leave the outcome up to God



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**You are
driven**


Procrastination Transformed into Productivity
by Kim Suranfer

Procrastination
is my enemy



I choose to focus on the
rewards of accomplishing my
most pressing projects



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**I complete
projects with
plenty of time
to spare**



I go
beyond

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**I am valued –
I just get
things done
well & quickly**

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Dance

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I prioritize my tasks and enjoy
the sense of achievement as
I complete them one by one



**I overcome
my own
objections**

**Any inspired action is better than
the right action not yet taken**



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A man with glasses and a grey sweater is sitting on a blue sofa in a bright, modern interior. He has his arms raised in a celebratory gesture, holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, optimistic atmosphere. The text 'Why am I so optimistic?' is overlaid on the image in yellow and white.

Why am I so optimistic?

I am reliable.
You are reliable.
It takes reliability.



Be willing to see the situation
from another angle,
and then another



An overhead view of two men in business suits shaking hands on a light-colored tiled floor. The man on the left is holding a white folder or document. The man on the right is looking down at the handshake. The background is a plain, light-colored tiled floor.

**You are
honourable**



My own rituals
make the
difference


**I am a joy –
I just get
things done
well & quickly**

Procrastination Transformed into Proactivity



An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles visible. The overall mood is calm and serene.

I think about
the ripple effect
of the
completed goal



Others can and do rely on me
& I feel great at over-delivering
& under-promising



**I really do
want to get
this done**

**Everyone is fearful and that's ok.
Do it passionately *anyway*.**



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Why am I so fired-up?

I think about
what makes me
enthusiastic



I feel what it feels like to have
already achieved this goal



An overhead view of two men in business suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the floor tiles are large and square.

**I remind
myself of my
vision & values
as I
“show up”**



I am
doing it

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**How can I
show myself
&
others
kindness?**


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"How soon
'not now'
becomes
'never.'"

– Martin Luther



Everyone and everything
is a wonderful work-in-progress



**Line up
your
energy first**

Others admire that I make things happen now rather than later



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Be
daring

I will find
solutions in these
difficult times



All resistance achieving my goal
has vanished



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**I deliciously
visualise the
“aftermath”
of achieving
my goals**



I feel so good
about myself

**I picture in
my mind the
best-possible
outcomes**

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A photograph of a baby being held underwater by an adult. The baby is looking towards the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles visible. The overall mood is calm and serene.

I release
negativity.
Instead I focus
on positivity
and
productivity!

I concentrate all my efforts
on the things I want to
accomplish in life



**Visualisation
is mission
critical**

I honor the commitments I make in a timely manner



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There is no try,
only do

I will stop
procrastination
and
change my life



Focus on the rich rewards
you'll receive *after* you've
completed the task



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What has gone well?

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Remind yourself
of your
magnificent


**You are
supported**

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I self-soothe



I enjoy starting
quickly and beating
others to the punch



**I test
myself
well**

I will become someone who takes action



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A man with glasses and a grey sweater is sitting on a blue sofa in a bright, modern interior. He has his arms raised in a celebratory gesture, holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, golden glow. The text "I am awesome" is overlaid on the image.


I am
awesome

I am willing
to try new
approaches



Interrupt yourself & watch a
Positive Prime Session



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**Being proactive
comes
naturally to me**



I have
grit & as well
as gifts

**I raise
my eyes - and
look up to feel
better**

Procrastination Transformed into Proactivity



An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles visible. The overall mood is calm and serene.

Today
tell someone
how much
you
appreciate
them

I am my own best-friend who's
soothing & nurturing me towards
getting started & continuing



**Others know
I'm
proactive**

**I am finding that I naturally
choose work over procrastination**



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Align yourself first


A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised in the air. He is holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, golden glow. The overall mood is one of triumph and achievement.

Say to yourself:
"I choose to do this...."



I am organized, efficient,
productive and proud of all
I accomplish.



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. The man on the left is holding a white folder or document. The man on the right is looking down at their hands. The background is a grid of light-colored tiles.

Connect to the magical person you are

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I became a
master of
visualisation

**I am
generous**

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I'm the kind
of person who
always dives
straight into
my work



I put a genuine,
warm smile of my face & the
“turn it up”



**Utilize your
fabulous
energy**

I am becoming more productive with each passing moment



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A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised and a large document held high. He has a wide, joyful expression. The background features large windows with a bright, warm light, possibly from the sun, creating a lens flare effect. The overall atmosphere is one of success and achievement.

I am
conscientious

I am a delight -
I just get things done
well & quickly



Focus on the rewards
you'll receive *after* you've
accomplished the tasks



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**Among
everything
I do I love
working
the most**




Make a
decision to
"do it"

Prioritise

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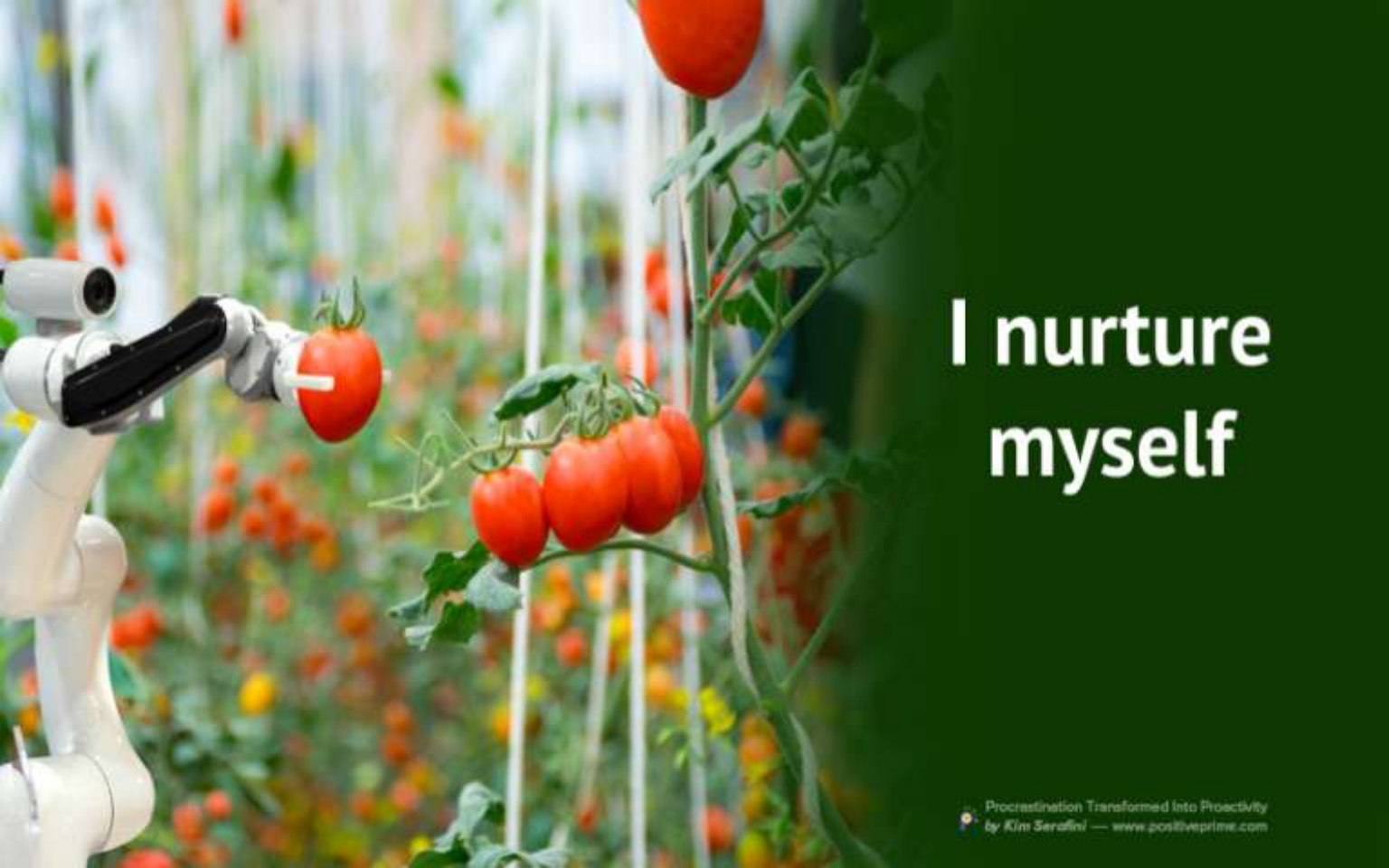


An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles visible. The text is overlaid on the right side of the image.

I will be
observant
and
attentive
throughout
my entire day



I live in the present, never dwelling on the past, and take action to ensure a wonderful future



**I nurture
myself**

Accomplishing and getting things done feels wonderful



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A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised and a large document held high. He has a wide, joyful smile. The background features large windows with a warm, golden light, suggesting a bright, sunny day. The overall mood is one of triumph and achievement.


I am
magnificent

Say to yourself:
"I want to do this..."



My desire to get on with things
is stronger than my desire
to procrastinate



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**I will work
with abundant
enthusiasm
and
confidence**



I am loving,
loved & lovable


**I persevere
& discover
ways to be
tenacious**

Procrastination Transformed into Proactivity

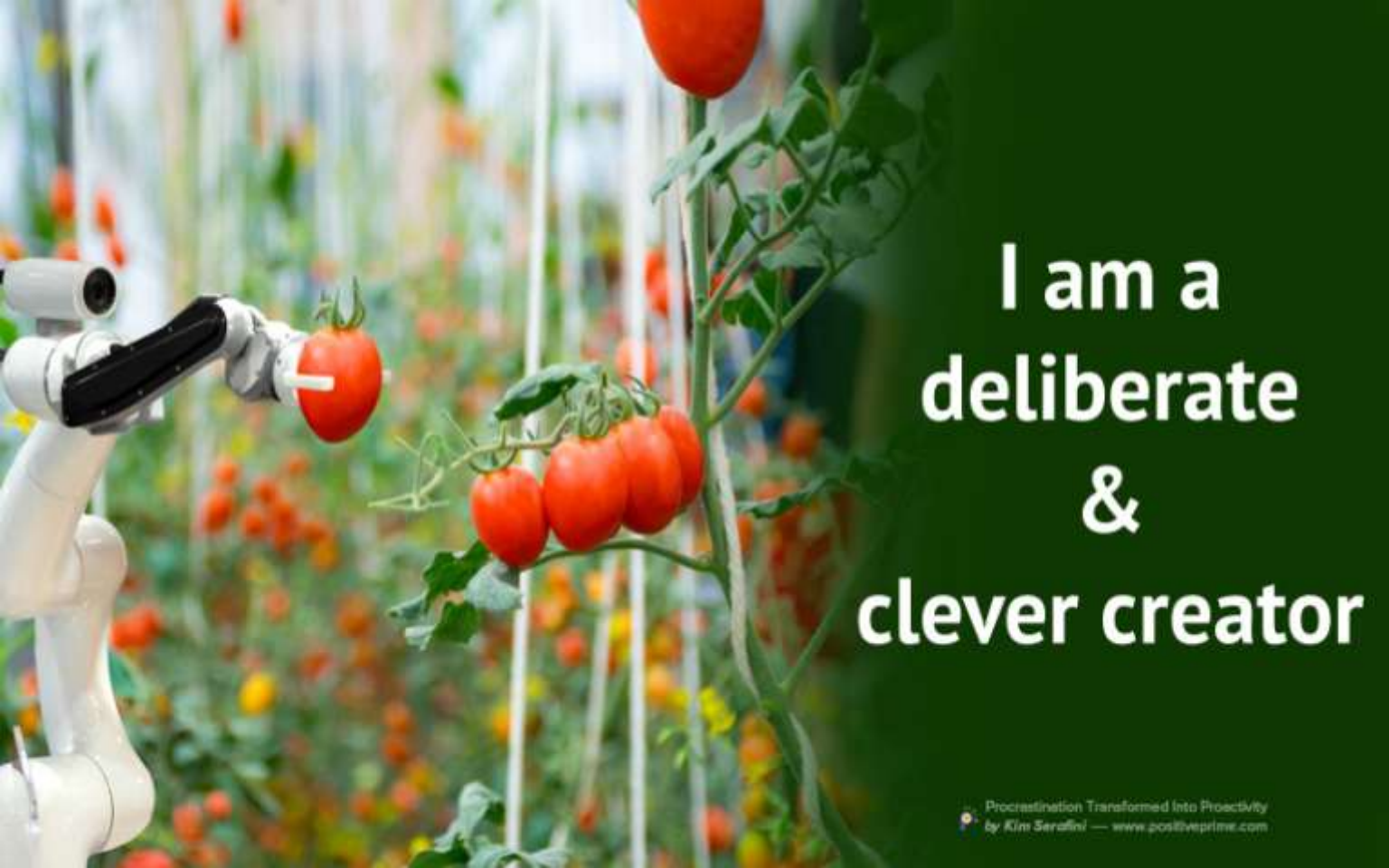


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I am
respected –
I just get
things done
well & quickly



Better quality people show up after
I've set out & I'm moving forwards
along the path towards my goals



**I am a
deliberate
&
clever creator**

I am someone who seizes the moment and takes action



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A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised in the air. He is holding a white document or certificate. The background is a bright, sunlit room with large windows and a balcony railing. The overall mood is one of joy and achievement.

**I soothe
myself**

**This is the time.
This is the place.
I am the one.
I will act now.**




If you already had this
“done” -
how would you feel now?



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**I am
people-oriented**




I am a
master of
visualisation

**I will face
my fears
head on.
I will learn
from them.**

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An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the front and sides. The water is clear blue, and there are some bubbles around the baby's head.

Just dive in
& learn to be
a strong
swimmer
as you go

I free myself from the
doubt and pessimism that keep me
from achieving my goals



**Why do you
love being
proactive?**

Making the best use of my time comes easy to me



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Keep
at it

Procrastination Transformed into Productivity
by Kim Suranfer


I choose to start
this task with a small,
imperfect step.

I will feel terrific and
have plenty of time for
play!



I possess the wisdom, the power,
the motivation, the inspiration and
the passion to accomplish anything
and everything I choose



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. The man on the left is holding a white folder or document. The man on the right is looking down at their hands. The background is a plain, light-colored tiled floor.

**I will follow the
beat of my inner
drummer. I will be the
“best of myself”,
not what others want
me to be or expect
me to be.**



I'm
results-oriented


**It's normal
for me
to start
projects
early**

Procrastination Transformed into Proactivity



An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear blue, and there are some bubbles around the baby's head.

I am a do-er.
I will take
action
and get things
accomplished.



“If you want to make an
easy job seem mighty hard,
just keep putting off doing it.”



**Making
things happen
is just what
I do**

**“A year from now you may wish
you had started today.”**

– Karen Lamb



Procrastination Transformed Into Proactivity
by Kim Serafini
www.postiveprime.com

**I am going
to do it**

“What has
inspired you
this week?”



Grateful?
Think about what
you are grateful for and
think about why you are grateful...
Feel the feelings of gratitude



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. The man on the left is holding a white folder or document. The man on the right is looking down at their hands. The background is a grid of large, light-colored tiles.

**My relationships
are amazing**




For today,
I am truly
attentive
on my work

**I will take
charge
of my time
and
achieve
my goals**

Procrastination Transformed into Proactivity



An underwater photograph of a baby being held by an adult. The baby is looking towards the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear blue, and there are some bubbles around the baby's head. The text is overlaid on the right side of the image.

Everything in
nature flows
with the past
of least-
resistance

I am committed to being
focused on my goals.

I am worth it



Work from a schedule

**I will always get started right away,
even if I don't feel like it**



A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised in the air. He is holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, golden glow. The overall mood is one of triumph and achievement.

Show
support!

I am always
moving forward
and working
on my goals



Today and every day
I will take one bold action step
toward my dreams



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the tiles are large and square.

**I am finding it
easier to begin
large projects**



I can focus
and
concentrate
at will

I walk
my talk

Procrastination Transformed into Proactivity





I am
honourable

Thank you
so much!



**I always start
a project
right away**

Others rely on me because I always follow through



A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised in the air. He is holding a white document or certificate. The background is a bright, sunlit room with large windows and a balcony railing. The overall mood is positive and energetic.

I'm
upbeat


Procrastination Transformed into Productivity
by Kim Suranfer

I try again
& again
& again
& again



I am willing to explore
new and uncharted territory



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the tiles are arranged in a grid pattern.

**How would
my relationships
be better if I had
already achieved
this?**



I find the work
I need to do to be
fascinating


**Amazing
how proficient
and
focused
I have become**

Procrastination Transformed into Proactivity





They love my
enthusiasm,
confidence,
energy
&
commitment



Life is occurring
for me!



**I effortlessly
tackle
difficult tasks**

**I clearly see the obstacles to keep me
from achieving my goals I move over,
under, through or around them**



A man with glasses and a grey sweater is sitting on a blue sofa in a bright, modern office or lounge area. He has his arms raised in the air, holding a large white document or certificate. The background features large windows with a view of trees and a bright sun, creating a warm, celebratory atmosphere. The text "Be a person of integrity" is overlaid on the image in yellow and white.

Be a person
of integrity

Actively contribute
to
benefit others



With laser-focus,
I know exactly what needs
to be done and I do it



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. The man on the left is holding a white folder or document. The man on the right is looking down at their hands. The background is a plain, light-colored tiled wall.

**Make a
public
declaration
that you're
going
to do it**

Procrastination Transformed into Proactivity




How can I be
more caring?


**I am
appreciative –
I just get
things done
well & quickly**

Procrastination Transformed into Proactivity



A photograph of a baby being held underwater by an adult. The baby is looking directly at the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The background is a clear blue pool of water with some bubbles.

I can always
find time
and
energy to do
what needs
to be done



I connect with and visualize my dreams
as reality everyday and this motivation
catapults me toward my goals



**I enjoy
getting things
done**

You can have, be, and do anything you want



Procrastination Transformed Into Proactivity
by Kim Serafini
www.postivoprime.com

A man with glasses and a grey sweater is sitting on a blue sofa, celebrating with his arms raised and a document held high. He has a wide, joyful expression. The background features large windows with a warm, golden light, suggesting a bright, sunny day. The overall mood is one of triumph and excitement.

I maintain
my excitement

Positively change
your physiological
state of being



I value integrity and get done
what I have promised myself
I would



An overhead view of two men in dark suits shaking hands on a light-colored tiled floor. One man is holding a white folder or document. The scene is brightly lit, and the tiles are large and square.

**I am considerate
&
thoughtful**



I act with
courage and
confidence

**I habituate
feeling
positive
&
powerful**

Procrastination Transformed into Proactivity



An underwater photograph of a baby being held by an adult. The baby is looking directly at the camera with a calm expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles around the baby's head.

Taking
immediate
action is
becoming a
natural part
of who I am



I anticipate what is being
requested of me & get it done
before I'm asked

A white robotic arm is shown in a greenhouse, holding a single red tomato. The background is filled with rows of tomato plants, many of which have clusters of ripe red tomatoes. The scene is brightly lit, suggesting an indoor growing environment.

**Take control
of
yourself**

What can I do today to show someone I care?




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I am impressive -
I just get things done
well & quickly




I feel lighter and better
about myself when I do not
procrastinate




A high-angle photograph of two men in business suits shaking hands on a light-colored tiled floor. One man is leaning forward, and the other is holding a white folder or document. The scene is brightly lit, and the floor tiles are clearly visible.

**I take action
now and leave
the outcome
to god!**

An underwater photograph of a baby being held by an adult. The baby is in the center, looking towards the camera with a neutral expression. The adult's hands are visible, supporting the baby from the sides. The water is clear and blue, with some bubbles around the baby's head. The overall scene is calm and serene.

I know where
I am going.
I only need to
supply the
action to get
there.



“Amateurs sit and wait for inspiration,
the rest of us just get up and
go to work.”