



**ART OF COACHING PODCAST™ EPISODE 232
THE HIDDEN POWERS OF PROCRASTINATION**

Name one experience in which procrastinating has hurt you and one in which it has helped you. What was the result?

What was your reasoning for procrastinating in each case?

Which parts of your life do you find yourself having perfectionistic tendencies or using perfectionism as an excuse?



Have you ever been in a chaotic situation that actually resulted in a higher level of clarity? What was the context leading up to it and how did you utilize the resulted clarity?

How can you harness the power of procrastination in your life?

Is there another current perception that you have that you could flip the script on so you can take advantage of it?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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