Gretchen Wegner
Friday, July 19th

4 Steps to helping teens overcome procrastination and "get in gear"!

1. What is the **first** step students need to take in order to overcome their procrastination?

2. What is the **second** step?

3. What is the **third** step?

4. What is the **fourth** step?

5. What **visual** can you use to keep this tool in mind?