

# Ten Ways to Fake It

Whether it's writing a resumé, de-cluttering, making a phone call, or putting away the laundry, many of us struggle to get things done because we have beliefs that work against us. If we want to break through our procrastination, we need to acknowledge these beliefs and tell ourselves something different, *even if we don't believe it*. **We need to fake it, so we can make it.**

Belief	Fake It
1. If I can't do it perfectly, I shouldn't do it at all.	Good enough is good enough. What's important is that it gets done.
2. I can't tolerate failure, so I won't try.	We all fail sometimes. I can learn from it and try again.
3. If I can't do it all now, I shouldn't get started.	If I get started now, I'll have less to do, later.
4. I need to wait until I feel motivated.	If I just get started, the motivation will follow.
5. I can't possibly keep this up, so I'm not even going to try.	I don't need to commit to forever. I just need to do it this time.
6. I'm no good at this.	If I practice, I can get better.
7. I'm overwhelmed and I can't get started.	I'm overwhelmed and this feeling will pass. I can do one small step.
8. I have to be critical of myself so I won't slack off.	I need to be kind to myself, so I can keep going.
9. If I ask for help, others will think I'm stupid.	If I ask for help, others will see that I'm conscientious.
10. It's ridiculous to think one small step will make any difference.	One small step is a great beginning.
11. <b>BONUS!!</b> This will be so boring I can't stand it.	I can make a game out of this.

Want to explore this further? Contact me for a complimentary, 1-hour coaching session and make sure to mention this tip sheet. We'll identify a belief that's holding you back, and design your own, customized ways to fake it.