

# Confused Connie

## Are you as Confused about where to go next as Connie?

**Connie has to wait for everything to be perfect before she can move forward.** She procrastinates about her decisions, because she is waiting for something or someone to tell her that this is the right decision or moment to act.

**Connie is an excessive planner.** She works hard at preparing for anything [and everything], so she never really makes any progress.

**Connie has commitment issues, because she worries she'll make a wrong choice.**

**Connie has become skeptical.** She tries to protect herself by staying in control. The only way that Connie knows how to do this is through knowledge and planning.

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**For you to move forward with bringing your creative goals to fruition you need to be able to turn yourself from**

*Confused Connie* into *Confident Connie*

### What is a great first step?

Overcoming a tendency to procrastinate is not about eliminating your research or planning process. It's about combining your mental powers with actions steps to find a balance that's "Just Right." This is called the Goldilock's rule.

Give yourself a series of small attainable measures to help move you along. "I need to make three phone calls today," so that you don't get stuck in one place. Set deadlines for yourself. "I'll research for three days and then move forward with the project". It might help to find an accountability partner that will encourage and pester you if necessary to keep you moving forward.

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Fearless Living Coach  
Soul Success Guide



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