



## ENLIGHTEN EXERCISE #6

### Do It Now

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“Someday, I’d like to do this...” is a common mantra for many of us. “Someday, I will hike Half Dome.” “Someday, I will start my own business.” “Someday, I will take a class to improve my skills.”

*Life isn’t a dress rehearsal. Live each day as if it is your last, for one day, it will be.*

#### Exercise:

List five things you have been **procrastinating about doing** and plan to take some action on at least one of them this week:

1.

2.

3.

4.

5.