

Paige.

The PlayBook
MEMBERSHIP

X

mind *glow*

Guest Expert Lesson

@MIND.GLOWW

Welcome & Intention

The real reason we procrastinate

Mindset reframing

Gentle shifts to move through it

Mini reflection & journaling moment

Guided visualisation

Closing & affirmation

Welcome to the move through it workshop.

This is a gentle, powerful workshop for woman who feel stuck, overwhelmed, or caught in a loop of procrastination while building her business or passion project.

You'll learn:

Why you really procrastinate (and why it's not your fault)

How to reframe it through softness, not shame

3 simple mindset + nervous system shifts to move forward

 This is your space to pause, reflect, and reconnect with self-trust.

Subconsciously, procrastination = protection.

Procrastination is your subconscious trying to keep you emotionally safe—even if it slows your progress.

- Overwhelm (task feels too big)
- Perfectionism (fear it won't be good enough)
- Uncertainty (not knowing where to start)
- Self-protection (avoiding failure, rejection, discomfort)

 Ask yourself: “What might I be protecting myself from right now?”

Mindset shift- you're not behind.

Reframe:

“I’m not behind—I’m allowed to take aligned action at a pace that feels supportive and clear.”

- Let go of urgency.
- Your value isn’t measured by speed or output.
- You can still move forward powerfully—gently, mindfully, and in your own timing.

Let’s stop trying to push through and instead learn how to move through... with trust.

3 gentle shifts to move through it.

Let's meet procrastination with softness—not shame.

Let's shift into:

01- Break It down

02- Create a calming container

03- Shift pressure to presence

01 — Break it down.

Break the task into a micro-action (under 10 mins)

Think:

- Open the document
- Write the first sentence
- Outline 3 bullet points

Ask yourself:

“What’s the tiniest step I can take to move this forward today?”

02 — Creat a calming container

Make the task feel emotionally safe.

Try:

- Lighting a candle
- Playing calming music
- Using a 10–25 minute focus timer
- Body-doubling (work alongside a friend)

Ask yourself:

“How can I create an environment that supports me while I do this?”

03 — Shift pressure to presence.

Let go of urgency. Anchor into intention.

Focus on being with the task instead of rushing through it.

Ask yourself:

“What would it feel like to approach this with presence, not pressure?”

Mini journaling practice.

Pause + Reflect (pause the screen to complete)

1. What task have I been putting off that's asking for compassion instead of criticism?
2. What's the tiniest step I can take to move it forward today?
3. How can I support myself with softness as I do it?

Guided Visualisation

CALM CONFIDENCE & CLARITY IN YOUR BUSINESS

Closing reminder:

You're not behind. You're becoming.

Procrastination is a message, not a flaw.

You get to move forward with clarity, calm, and compassion.

“Aligned action doesn’t mean fast—it means true.”

Breathe that in and gently let it land.

Paige.

A Paige Turned by Mind Glow

BECAUSE MINDSET IS PART OF THE STRATEGY.

Guest Expert Lesson

@MIND.GLOWW