

Unitarian Universalist Small Group Ministry Network Website
SMALL GROUP SESSION
PROCRASTINATION
First Unitarian Society in Newton, MA, Betsy Leavitt

OPENING WORDS & CHALICE LIGHTING:

In creating, the hardest part is to begin. Anonymous

You will never find time for anything. If you want time, you must make it. Charles Buxton

Procrastination is opportunity's natural assassin. Victor Kiam

Even if you are on the right track, you will get run over if you just sit there. Will Rogers

The dread of doing a task uses up more time and energy than doing the task itself. Rita Emmett

CHECK IN: (40 - 50 minutes)

What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing.

Each person in the group speaks uninterrupted, if time remains, general response and conversation is welcome. Confidentiality.

FOCUS: Procrastination

How is procrastination connected to your way of being in the world? If you do not habitually procrastinate, have you ever agonized or felt guilty about putting something off? How was what immobilized you connected to your spiritual life? Describe one incident of your procrastinating. What was the nature of your experience? What was at the heart of it?

LIKES AND WISHES

How did this session go for you? Is there anything you'd like to call particular attention to?

CLOSING WORDS:

You must do the one thing you think you cannot do. Eleanor Roosevelt

Submitted to the UU SGM Network website by Rev. Glenn Turner