HOW TO AVOID PROCRASTINATION

FIRST

⚠️ Awareness why do you procrastinate?
🔍 Assessment what leads to your procrastination?
 ^= Outlook alter your perspective

NEXT

Commit

Start small - Complete tasks
Small victories lead to big wins
Slowly build towards good habits

Surroundings

Avoid distractions of people and settings

Goals

Focus on what you want, not what you want to avoid

Be realistic

Think reasonably - changing habits takes time and effort

Self-talk

Instead of “I wish I hadn’t” say “I will”

Un-schedule

Create flexible, rewarding schedules that are not constant reminders

Swiss cheese it

Breaking down big tasks into little ones

DONE!