



OVERCOMING PROCRASTINATION

While putting off priorities rewards you in the short-term it disadvantages you in the long-term. Procrastinating can negatively affect your grades and also lead to more stress and irritability! Try the tips below to put an end to procrastination.

1. Each morning set clear goals to accomplish that day.
2. Break large projects into small steps.
3. Avoid activities that encourage procrastination (TV, video games, email, etc.) until you have achieved your daily goals.
4. Admit when you are feeling frustrated and are experiencing setbacks.
5. Reward yourself for the progress you make.
6. Envision yourself successfully reaching your goal.

Is your procrastination habit or specifically related to something? Ask yourself these questions:

1. What do I want to do?
2. What is the end result I am hoping to accomplish?
3. What are the steps I need to take in order to accomplish this goal?
4. What progress have I made thus far?
5. Why do I want to do this?
6. What is my biggest motivation?
7. What are the benefits I will gain from this?
8. What is standing in my way of achieving this goal?
9. Realistically, what can I change?
10. What resources do I need?
11. What are the consequences of not achieving this goal?
12. Am I procrastinating out of a sense of fear or intimidation?

You must be willing to admit to false starts and view mistakes as learning experiences. It is possible to eliminate your tendency to procrastinate. Ask yourself these questions and take the time to reflect on your answers. The more you reflect on your answers the easier it will be to modify what causes you to procrastinate.