

Procrastination Solutions



Remedies for when procrastination strikes...

Emotional/Mental Concerns?

Don't delay challenges, it doesn't make you better at them or easier to complete

Abandon the "thrill of pressure", it's not worth the potential stress

Address your fears/concerns about the work and attempt to resolve them



Overwhelmed?

Break tasks into smaller, more manageable steps and start with the easiest

Change your environment to lessen and/or eliminate distractions

Identify what you want to accomplish and set mini-deadlines to check your progress

