



Beat Procrastination

Why Procrastination Feels Good

- It takes the pressure off.
- Failure just means “I didn’t do it.”
- Success is scary

Practice Anti-Procrastination Self-Talk

Procrastinator	Anti-Procrastinator
I have to	I choose to
I must be perfect	I am human
This is so big	I can take one step at a time
I don’t have to	It would be better to

To Address Procrastination

- What should you continue doing?
- What should you stop doing?
- What should you start doing?

Overcoming Procrastination

- Set realistic goals
- Focus on your priorities and goals
- Make a weekly schedule, daily priorities list, and monthly calendar
- Divide and conquer
- Visualize success
- Know yourself

Set Up an Anti-Procrastinating Environment

- Keep your study area neat and conducive to study. Be able to find what you need and keep distractors out of sight.
- Break up your study sessions into reasonable chunks of time that include a few short breaks.
- Maintain your schedule. Update your monthly calendar regularly.
- Schedule your recreational and relaxation time.
- Get support from a friend or family.
- Replace a procrastination attitude with a productive attitude.