

OVERCOMING PROCRASTINATION

Environmental

- Alerts and timers
- Sticky notes in highly visible places
- Remove distractions e.g., smartphone

Reframe tasks

- Make a list, then do the easiest tasks first
- Break a big task into smaller goals
- Set process goals, not outcome goals

Accountability

- Use apps to track progress
- Shared calendar with a friend or coworker
- Accountability buddies



Address barriers

- Lay out everything you need the night before
- List obstacles and brainstorm solutions
- Allow short breaks when frustrated



Self-Compassion

- Accept that mistakes are inevitable
- Aim for good enough rather than perfect
- Celebrate small successes



Keep Motivated

- Track small bits of progress
- Analyze reasons for setbacks
- Connect with others for support



Overcoming Procrastination You Naomi Doyle

B Lingard

Overcoming Procrastination You Naomi Doyle:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Overcoming Procrastination You Naomi Doyle**. This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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