

ProcrastiNOT

PROCRASTINATION IS LIKE A CREDIT CARD: IT IS A LOT OF FUN UNTIL YOU GET THE BILL

tomorrow
noun
a mythical place where 99% of human productivity, motivation and achievement is stored

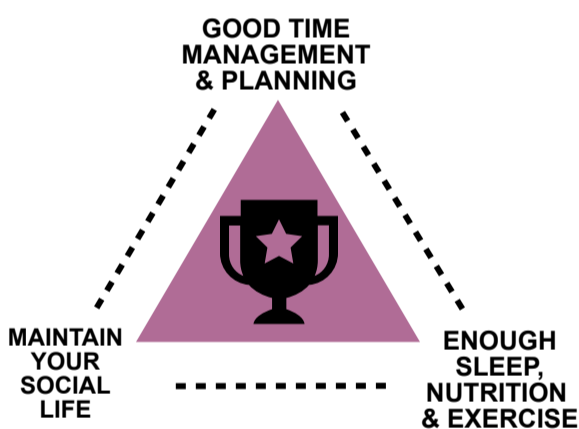


Are you a procrastinator?

NO

YES

YOU ARE SAFE
MAKE SURE TO FIND YOUR BALANCE



HAVE A LOOK AT THE 5 STAGES OF PROCRASTINATION:

1) FALSE SECURITY

This isn't due for a while! I will relax for now



2) LAZINESS

Maybe I should get a headstart...Later



3) EXCUSES

I am busy right now/Just taking a short break



4) DENIAL

I still have time. I don't need sleep.



5) CRISIS

What should I do with the deadline I have missed?



STRESS, ANXIETY AND OTHER DIFFICULTIES

HOW TO AVOID PROCRASTINATION

Well, it's not that simple... especially when procrastination has become habitual. The mind operates on neural pathways that it carves out over the course of months and years of repetitive behaviour. When procrastination is a habit, it's hard to break. However, it's not impossible. When a person is committed enough to do something, they CAN get over the "hump"

MANAGE

1
Short-Term Crises & Problems

IMPORTANT & URGENT



FOCUS

2
On Long-Term Strategic Goals

IMPORTANT BUT NOT URGENT



AVOID

3
Distractions & Interruptions

URGENT BUT NOT IMPORTANT



LIMIT

4
Time-Wasting Activities

NOT IMPORTANT & NOT URGENT

