

PROCRASTINATION

Why does it happen?

LACK OF MOTIVATION

- ★ When you don't see the purpose or feel interested, it's easy to delay tasks.
- ★ Setting small, achievable goals and rewarding yourself can help keep you motivated.

LAZINESS

- ★ Feeling tired or unmotivated can make tasks seem harder.
- ★ Create a routine and start with small actions to build momentum.

FEAR OF FAILURE

- ★ Worrying about making mistakes or not doing well can stop you from starting.
- ★ Instead of aiming for perfection, focus on making progress and improving along the way.

NOT KNOWING WHERE TO START

- ★ Big tasks can feel overwhelming, making it hard to begin.
- ★ Breaking them into smaller, manageable steps makes them easier to tackle.



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HOW to prevent it?

MAKE TO-DO LISTS!

- ★ Rank tasks from hardest to easiest.
- ★ Prioritize urgent ones.
- ★ Break big assignments into smaller steps to stay on track.
- ★ This will help you stay organized.

ELIMINATE DISTRACTIONS!

- ★ Distractions are the root cause of procrastination
- ★ Put your **phone away**
- ★ **Delete** any distracting apps. Ex: Instagram, TikTok etc..
- ★ Find a **quiet, clutter-free study space** to stay focused.

SET UP A REWARD SYSTEM

- ★ Motivate yourself by setting **small rewards**, like a break or a snack, after **completing a task**.
- ★ For example, reward yourself candy/fruit for every 10-20 pages you read!

THINK ABOUT THE FUTURE!

- ★ Staying on task now means **less stress later**.
- ★ Picture how **good** it will feel to be **prepared** instead of cramming at the last second.