

# MOVING THROUGH PROCRASTINATION

Procrastination is the **habit of delaying a task**.

To move through procrastination, it's important to ask yourself **WHY** you procrastinate in the first place:

- Are you afraid of failure?*
- Are you struggling with motivation?*
- Are you stuck on making things perfect?*
- Are you feeling overwhelmed?*

If you relate to any of these questions, **you are not alone** - procrastination affects all of us.

## Reminders

→ Use [You Are Supported](#) worksheet to help you create a plan for improvement.

→ Whether you are struggling or motivated to challenge yourself further, take advantage of services offered by [Learning Resources](#) (academic coaching, workshops, etc).

## *Stop avoiding. Start doing!*

**Break the task down** into manageable chunks.

**Commit to the task** without worrying about the end result.

**Ask someone** to check up on your progress.

**Minimize distractions** like social media, email, and TV.

**Tackle harder tasks** first when you are most alert.

**Remember the relevance** of the task in relation to your goals.

**Don't overestimate** the task's unpleasantness - give it a try!

**Reframe mindset** from "having" to "choosing" to complete a task.

**Be more proactive** and complete tasks right away.

**Reward yourself** for finishing a task on time.