



Overcoming Procrastination

- **Set up a contract with yourself**
Set up goals
Work for specified rewards
Make something you normally do and enjoy contingent upon doing the avoided task
Penalize yourself for not doing tasks
Use a Profit-Penalty System – combination of 1 & 3 above
- **Set up reminders**
Signs, slogans, notes, lists
- **“Bits and Pieces” approach**
Do little bits and pieces of a delayed task to reach the major goal rather than an all or nothing approach
- **Riding your own momentum**
When you get going, keep going even if it involves switching tasks
- **“Five-Minute Plan”**
Agree to start a project and stay with it for five minutes...consider another five minutes at the end of the first
- **Do it when you think of it**
- **Establish a set time for a routine**
Procrastination often leads to a disorganized life. Make up a schedule, get into a routine
- **Modify your environment**
Change your environment to make it more conducive to working. Move yourself to a more conducive environment for working
- **Make an appointment to study with a friend**
Who do I know that doesn't have difficulty studying?
- **Remind yourself of the consequences of procrastination**
Emotional and physical.....recognize and alter self defeating beliefs
- **Modify immobilizing and avoidance-producing self talk based upon:**
Demandingness; perfectionist thinking
Anxiety and catastrophizing
Anger and impatience
Extreme needs for approval
View of yourself as inadequate or the world is being too difficult